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Grass Roots

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Australian and New Zealand Edition

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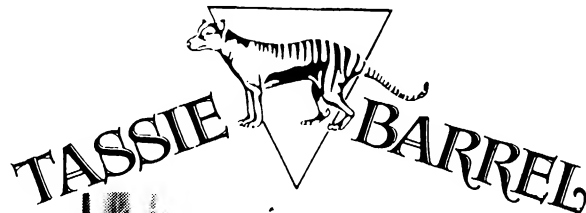
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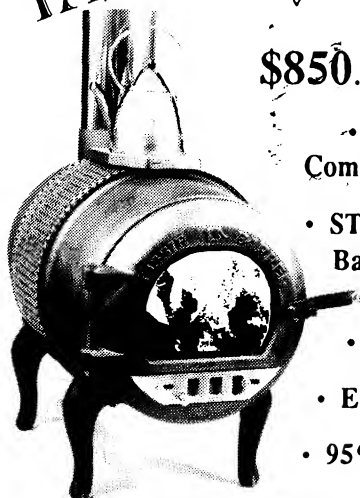
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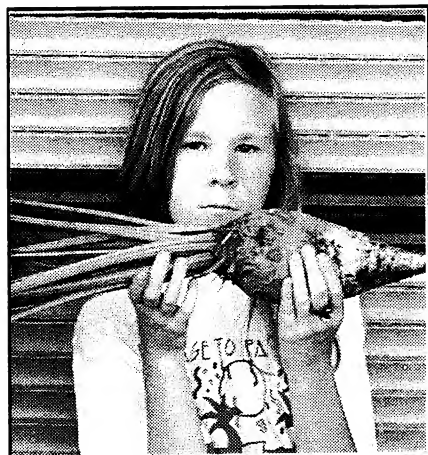
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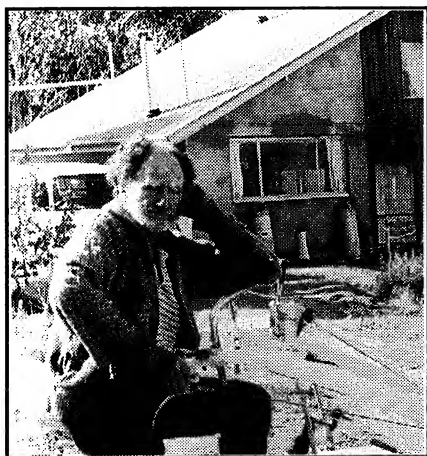
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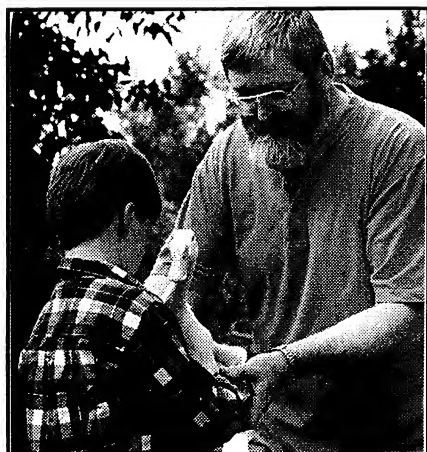
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COVER PHOTOS

Front Cover: Ben Sexton, his dad Jim and mum Sandy, are enthusiastic about ducks. They specialise in breeds suitable for the self-sufficient family and preserve rare breeds so their practical attributes are not lost forever. See 'Why Keep Ducks?' on page 16.

Back Cover: Clive and Penny Blazey have realised their dream of building in natural and local materials. You can now visit the Thatched Earth Cafe to see how it was done, but first read Penny's story on page 13.

* * *

Edited by Megg Miller and Mary Horsfall.

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Those amongst you who watch a little TV may have seen the *Grass Roots* segments extolling the benefits of a self-sufficient lifestyle. Late last year *Burke's Backyard* visited and we talked about gardening and self-sufficiency along with a road test of the very same turkeys that have perched and pooped upon the staff's cars over the years. Just recently *Gardening Australia* presented an interview with Jane Edmundson out in my garden, plus a peep at the work that goes into producing GR.

Much of the correspondence that has come into the office acknowledged the shows, a few lines saying how informative they were and how pleasing to see that the GR message is based on more than just rhetoric. No doubt many readers are like me in that they are too busy to match more than the occasional nature or gardening show, these two areas being preferred because there is always some new facet of livestock or horticulture to learn about. We have appreciated your kind words and enjoyed our few moments of glory. I write 'few' because the demands of an impending deadline have kept our feet well and truly on the ground.

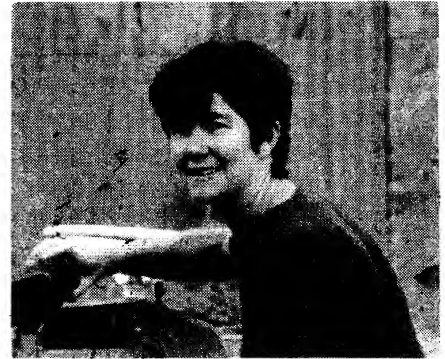
It is time to talk about the GR Awards again. After everyone joining in so enthusiastically at voting time last year we had high hopes for reader-support in 1997. Where are you all? Only one nomination has been received and the year is more than a quarter over. Thank you Mary Mathews for suggesting the Friends of the North Coast Regional Botanic Gardens for the Community Service category, in recognition of their outstanding efforts in reclaiming a rubbish tip and replacing and nurturing it to botanic garden status. This hard-working group is indeed a worthy combination. We want to continue to highlight the excellent work of our readers and contributors and what better way than through the GR Awards. When devouring your April/May copy make a note of what assists or inspires you and recommend their authors for our august awards.

It is necessary to bring to everyone's attention changes that have or are being implemented re phone area codes. To be consistent with the rest of Australia we must ensure numbers are published with the updated code. This particularly applies to advertisers and folk using the

Feedback section. I can hear many of you groaning 'You can't teach an old dog new tricks'. Whether you are an old dog or new pup, if you want to use the phone you must become familiar with the changes. We look forward to receiving the updated adjustments from you.

At the end of this month one of our most dedicated and hard working team mates is retiring. Christine has decided it is time to introduce some flexibility into her life so she and hubby Rob have the opportunity to be more adventurous. Chris and Rob had their family young so it is only recently that the responsibilities that go with paying off a house and raising a family have been shed. They are looking forward now to being in a position to choose what they do with their time. We are going to miss Chris dreadfully. She seems to know where everything is, has a marvellous manner on the phone and can usually soothe and satisfy even the most fractious caller. Others will miss Chris too, the advertisers, those who ring for information or with a complaint, and the regulars who enjoy a little chat with her. We're going to miss her personally as well as professionally. When she first joined the staff some years back she was keen to visit and experience life in one of the intentional communities. I doubt it is the main aim now, but I can foresee travelling ahead for them both in their four-wheel drive and caravan. It is just as well Chris has had years of driving to work through wind, hail and floods as well as the usual flocks of sheep. She will be well prepared for whatever adventures lie ahead. We wish Chris and Rob well and look forward to hearing about their new life with just a tinge of envy.

Speaking of the green eyed monster, we've not long finished drooling over Kimmy's holiday snaps. While we were packing and labelling the subscribers' copies of GR, she was heading off for a well earned holiday at Byron Bay. We lamented missing the chance of sending her off with a car full magazines to be hand delivered. As we waded through our tedious task we imagined Kim lying on the beach and enjoying the cafe life. Guess who returned to work very sunburnt, but refreshed and full of stories about the holiday? We live in a wonderful country; if you cannot get away the



next best thing is reading or hearing about these distant places.

You will notice in this magazine an interesting story about one reader's enterprising ability to maintain an adventurous life. Previous issues have shown how people combine their desire for an unconventional life with work that provides financial independence. These articles complement the stories about readers who put down roots and create their own slice of heaven. There is no typical GR lifestyle, our readers live in very diverse and different ways and we love hearing about them all. We also want to hear about how you built your home and care for livestock. If you have some experiences to share in these latter areas we'd love to hear from you. Don't forget to include photos to accompany your story.

If you believe the papers the nineties seem to be a decade where the individual is increasingly buffered by loss of rights and even identity. It is not surprising then that people feel powerless and pessimistic. With this in mind it was exhilarating to attend a green convergence recently where one of the main speakers highlighted the unique contribution individuals can make to our world. The subject was seed saving and the conservation of heirloom vegies. It was gladdening to hear that the array of varieties still existing came from the gardens of people like you and me. The simple act of putting seed aside from one year to another does not just help us but is a valuable component in maintaining biodiversity. What a thrill to be able to combine a pleasurable activity like gardening and seed saving with the knowledge that one's efforts will have positive consequences in years to come. Here is a field where an individual's effort still counts. Don your gardening gloves folks!

A SUBURBAN FOOD FOREST

by Libby Lam, Hampton, Vic.

At times I have felt a bit of an imposter subscribing to a magazine such as *Grass Roots* as my family's background is distressingly suburban on both sides as far back as I know. There is not a paddock, dam, hayshed or homestead to be seen amongst the old photos. I'm over those feelings now, however, as I'm too busy figuring out how to create bonsai versions of all the classic self-sufficient farm requirements I have been reading about so earnestly for years.



When we moved here about seven years ago, our place was a simple solid brick house on a relatively large block of land. The front garden was bushy and awful (and basically still is), and the backyard was a long-undeveloped expanse of grass with a fig, a mulberry and a sorry-looking apricot tree.

I soon started a large vegetable garden, with relative success. The front of our block of land faces north so across the southern back fence was an ideal, open and sunny spot to locate this project.

This vegetable plot lasted for a couple of years but was soon shaded over and outgrown by the increasing number of fruit trees we were planting as the seasons passed. That original vegetable patch is now the main 'orchard'.

The other area in which we have planted about twenty apple, apricot and plum trees is down the side of the house.

We dubbed this area 'Orchard Lane'. It is very narrow and, although it runs north-south, is an unsuitable position for fruit trees as it only gets sunshine in the middle of the day, which is not enough for fruit to ripen properly.

Nevertheless, we wanted to clean up this wasted strip of land and felt that the blossom in spring and a green outlook from the bedroom windows in summer would be worth the effort. Any fruit that did mature successfully would be a bonus.

We worked on this project over one winter in rather a hurry and didn't research thoroughly enough what trees would be best. I do know now, however, that dwarf rootstock varieties are the only way to go and plums and apricots are just too vigorous for this type of site. I had had visions of pruning them all into an impressive fruiting hedge, but now I'm just trying to work out whether

constant pruning will help the situation or make things worse. I have developed great respect for anyone who can espalier a tree, another skill to add to the 'must-learn' list.

Altogether, we now have about fifty fruit trees at various stages of maturity: apples, plums, apricots (a few different types of each), mandarin, hazelnut, walnut, black and white mulberries, cherries, pecan, nashi and pears.

Several of the apples are cause for concern at the moment as I did something disastrous to them in an effort to eradicate codling moth. I'm not sure where I got the idea from but I wrapped the trunks in kerosene-soaked cloth and corrugated cardboard—a very bad move! The trunks of several have been severely damaged, so I can only hope they will recover as a couple of them were amongst my most promising trees.

We also have grapes, raspberries and

passionfruit and have recently planted kiwi fruit. Some of the above trees and vines have been fruiting well for years and others are still immature. I have dreams of almonds and other nuts, olives and a citrus grove somewhere; probably when we get around to sprucing up the front garden as we are running out of room at the back.

Because of the expanding orchard, we had not had a respectable vegetable patch for a couple of years until this summer. Last winter I realised it was time to get serious again so I staked a claim on the only sunny patch of backyard left – the lawn!

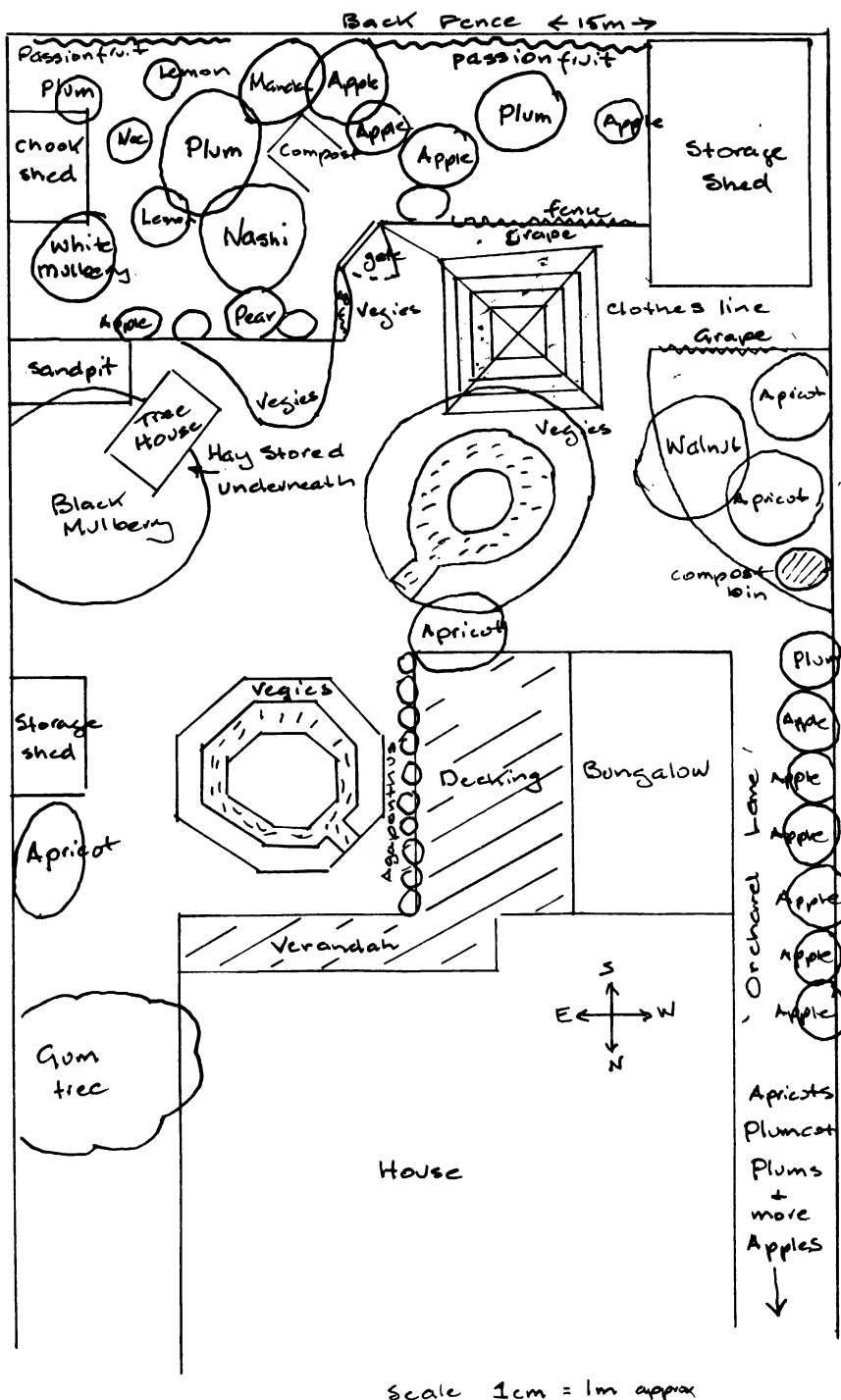
The recent addition of a family room to the back of our house had already taken up much of the grassed area, so our older children, Nicholas (11), Eliza (8) and Simon (5), were definitely not pleased at the prospect of losing what little open playing area was left to them. Fortunately, they now seem quite happy to have somewhere interesting to wander around. Baby Isabelle (15 months) did not mind what I did as long as she was outside with me.

With the reluctant help of the children and the recruitment of two overseas students who board with us, plus two others who live nearby, we have made two no-dig gardens: a circle and an octagon. Just like our Orchard Lane these were made while I was on a roll, so to speak, and I now feel more planning and forethought would have been advantageous to say the least! I could easily write a book on how not to make a no-dig garden!

One positive aspect of jumping into these kinds of projects with a lot of ignorance and optimism is that once you actually have it started in front of you your learning curve rises steeply!

We lost our initial planting of dozens of seedlings to hordes of voracious snails and slugs. At the time I was mystified as to where they had appeared from in such numbers and so quickly. After much frenzied research and observation, however, I now know that many arrived in the compost we transferred to the gardens. Also, the bricks we used for the borders, the overly thick top layer of pea straw we used for mulch and the nearby five-metre strip of agapanthus plants with their long strap leaves all combined to provide these molluscs with an enviable choice of accommodation!

So, down but not out, I next planted packets of seeds of anything and every-



thing. I made an effort to reduce the pest population on wet nights and decided to leave it at that for this season. Consequently, this year we have a hotchpotch of vegetables planted at random; tomatoes, corn, pumpkins, zucchini, squash, broccoli, radishes, capsicums, eggplant, beans and peas.

Although none of these will produce a large crop in themselves, it is interesting to have a range of different vegetables to observe each day. By next spring

I hope to have a couple of other areas ready for planting as well, so I can not only replant the no-dig gardens in a more organised way, but also include, amongst other things, root crops, cucumbers and cooking herbs. I am very keen to learn more about heritage or heirloom vegetables, as I would like to become self-sufficient with seed.

Now that we have fruit trees and vegetables well under way, the next two things I would like to tackle in earnest



Despite the lack of a lawned play area, the children find the backyard food forest to be full of interest.

are animals and compost.

In regard to the former, we have recently become the proud owners of three pullets. I had to wait for a long time to get these chooks. I've had 'chicken fever' every spring for years, but my husband, Paul, who I needed to help me build a shed, has never been keen.

But thanks to the tireless efforts of two Korean students (the same ones who helped with the vegetable beds) who kindly built me a 'chicken palace', at last there they are; a black, a white and a brown, scratching around under the trees, looking just as farmy and organic as you please!

While the chook shed was being made, Paul was too busy with office work to do anything but turn a blind eye to the industrious efforts at the other end of the garden. He must have been impressed, however, as I am still amazed to say that it was he who drove with me and the children for miles one boiling Saturday afternoon to pick up our fine-feathered girls.

Paul is a fairly dedicated city-slicker, but is a simple man at heart. His tie is usually off before he is through the front door at night, and more often than not on a pleasant evening he can be found outside winding down by pulling out a few weeds. Suffice to say the chickens are usually the grateful bene-

ficiaries of his weeding forays.

Lately I have been commenting to him on how some ducks would be good, too. He seems to be turning a deaf ear, but I am sure they would be enthusiastic about eating the snails.

Five or six years ago we had rabbits and guinea pigs for a while, though we weren't really in the swing of things then and I didn't realise to what good use we could have been putting all the hay and droppings. A little more enlightened now, I have volunteered to look after our kindergarten's guinea pigs during holiday times with a view to incorporating pets of our own into our backyard plan.

I can see loads of compost are going to be required on a regular basis as it breaks down to nothing very rapidly. The garden beds which were twenty centimetres deep only three months ago are now down to only five or six centimetres in places. I am currently experimenting with different ways to make half a cubic metre of compost every three to four weeks to keep the vegetable beds topped up.

This is one aspect of city gardening that is expensive as I need to buy manure and hay on a regular basis to form the bulk of the compost. Even so, between kitchen scraps, chooks and hopefully, some ducks and guinea pigs, we

might just be able to get this side of things organised.

Why do we do all this, particularly as I have just admitted to so many mistakes along the way? Firstly, I feel it is one way to help our children build an appreciation of the simple pleasures in life, which more often than not are environmentally responsible as well as individually empowering. As much as I can I would like to bring the country life I would aspire to, and all that it symbolises, to us.

Two major considerations for our family are the fact that Paul's work is city based and that I have severe scoliosis, a type of curvature of the spine, which invariably limits my mobility. We are not in a position to move to the country to do it all 'authentically'.

With animals, vegetable gardens and an orchard, however, we can contribute to our own well-being and that of the world, even on this small scale. We can feel some sense of satisfaction with the choices we make for our future.

Secondly, the children's education is an important factor. Education does not begin and end with the school day. A garden is always a wonderful place in which to base any type of learning activity and what we have now is simply ideal. We have a microcosm of the natural world at our doorstep: the perfect educational launching pad.

Another important reason for our endeavours is that working on our garden is such a satisfying and rewarding hobby. We have enjoyed carrying out numerous projects to improve the garden over the past few years and we have always enjoyed growing fruit and vegetables. I have become increasingly interested in concentrating on producing as much of our own fresh food as is realistically possible.

I read anything I can get my hands on relating to permaculture and organic gardening and have come across some excellent books in the local municipal library. One very special library find which I can highly recommend is *Edible Landscaping*. It is overflowing with information on the propagation, care and uses of a huge range of fruits, vegetables and herbs. Whilst it is not specifically based on permaculture or organic growing, it fits in perfectly without even trying and is one of the most comprehensive books I have come across. Of course I bought it!

In regard to how I've railroaded the

family into relinquishing more and more grass to make room for my big ideas, Paul hit the nail on the head one evening when we were out in our 'orchard' checking on the chooks for the night. He said the place looked like a forest and that soon we would not be able to see the sky. I pointed out to him that that was what it was supposed to be – a food forest.

It was so nice to see that he was pleased as well as amazed. Just as with the chickens, it was he who had driven myself and the children all over the countryside from Warragul to Echuca in search of yet another variety of apricot, apple, mulberry or plum to squeeze in somewhere in the shrinking back garden. It was hard to find the children sometimes in the back of the car with arms and legs laced between bare-rooted fruit trees.

But the plump green plums and promising nashis hanging around our ears that night once again made it all seem worthwhile.

Recommended Reading

The Complete Book of Edible Landscaping: home landscaping with food-bearing plants and resource saving techniques, By Rosalind Creasy, Sierra Club Books, San Francisco 1982. I was able to order it through The Technical Book Shop, 295 Swanston St, Melbourne, for about \$42 including postage.



Nicholas and Eliza Lam in the circular no-dig veggie garden. Making compost and building up the soil have presented a challenge because of the cost of buying manure and hay and the limited 'waste' matter on hand.

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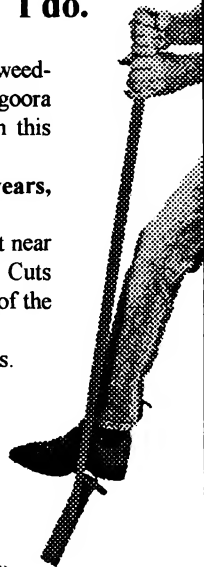
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ANTAGONISTS OF THE INSECT WORLD



by John Mount, Woodford, Qld.



Oftentimes people and ants will be at loggerheads with one another. Each invading the other's 'turf' and stealing the other's territory or food. However, from the human point of view, it is impossible not to have, at the least, a grudging admiration for these stubborn little workaholics. Undoubtedly, they too have their place in the great scheme of things.

I recently suspected a coming lengthy rain period when I noticed hundreds of the little scoundrels climbing the house stumps loaded down with their eggs and food supplies. Now, crazy as it may sound, I like to think that the ants and I have an agreement. I won't harm them, providing they don't invade my home. I will even tolerate them to a limited degree in the old shed down the yard.

However, even after spraying a repellent several times, the little devils were determined to take over the house. So I sprayed those on the house with a half-litre of water mixed with a dessert-spoon of natural pyrethrum. I then traced

their column back to the nest. After pouring boiling salt water down the nest I poured, with the help of a small funnel, dry table salt down the holes and left a small heap sitting on top of the nest.

After spraying what was left of the trail I then mixed two litres of used sump oil with a little petroleum, enough to make a paste. With this I painted a fifteen centimetre section of the base of each house stump, thus preventing any further incursions into the house. After several months or after heavy rain the stump treatment may need to be repeated.

CONTROL METHODS

Nests

- Powdered borax, talc, or crushed cloves will clear out ant nests and ant trails.
- Use any one of the following substances to clear ant nests: tobacco water, boiling water, kerosene, turpentine, lemon juice, ammonia. Pour into the ant holes for a few days running until the ants are no longer active.

Trails

- A cut lemon rubbed or squeezed over ant trails should discourage them.
- Strips of cucumber strategically placed will deter ants.
- Talcum powder, crushed cloves, or powdered borax if spread along ant trails soon disperses them.

Repellants

- Take 500 grams salt, one litre water, 10 kilograms bran or sawdust, four or five litres molasses. Mix till crumbly and spread around those areas and plants you wish to protect from ants.
- Some ant species are deterred from climbing poles by a wide thick coating of chalk rubbed around the base.
- Pennyroyal, tansy, essence of peppermint, and cayenne pepper make good ant repellants.

Ant Bites

- The juice from bracken fern root takes away the pain of ant bites and other stings.
- Rub a raw cut onion on the bite to neutralise the venom.

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by Judith James, Pierce, ACT.

With winter on its way why not whip up a wonderful woodbox? One that is sturdy, looks good, is of a size that fits your personal wood requirements and, most importantly, costs next to nothing. Too good to be true? Well almost but not quite. All you need is access to a bundle of old fence palings.

We found ours in a pile on the nature strip outside someone's house with a 'Do us a favour and please help yourself' sign. We did, and although the bottoms were rotting away from old age, once these were cut off there was still plenty of weathered wood to work with. A few years ago you would have found old fence palings everywhere. You couldn't give them away. Now they are a sought-after commodity. Since some crafty person discovered that they make great planter boxes, window boxes, rustic tops for old wheelbarrow frames, trays, fruit and vegetable storage units and backing boards for craft work, they have become quite scarce. Possible sources would include family and friends, an ad on the local community bulletin board offering to remove an old fence free, or contacting a fencing contractor who now has to pay dumping charges at many tips. Obtaining too many palings is never a problem. They split easily with an axe and make excellent dry seasoned kindling.

The idea for a fence paling woodbox came from an old blanket box in a century-old farmhouse. Made from a mish-mash of boards when timber was undoubtedly scarce it had been carefully crafted into a low box. Covered by pretty fabric tacked tightly onto the frame, hinged with two pieces of old leather strapping, it had a flat cushion that sat perfectly on the lid, transforming the box into an attractive and functional piece of bedroom furniture. Nearly a century later it was still used, the only modern addition being that of castors.

About this time I was becoming sick and tired of falling into our woodbox trying to locate the right size piece of wood for the different fires. The Rayburn needed short stumpies, the Stack longer thicker lumps, the open fire needed half a tree, and this was without the

chip heater. It didn't matter how we stacked, there was never a piece of wood quite the right size when we wanted it. And the tall square woodbox that we had inherited certainly didn't help.

With winter on its way it's a good time to tackle any wood problems before cold and wet weather sets in. So, not before time, we took measurements of all our fireboxes and fireplaces and when collecting wood we cut and sorted into the required lengths in-situ to get the job done in one hit.

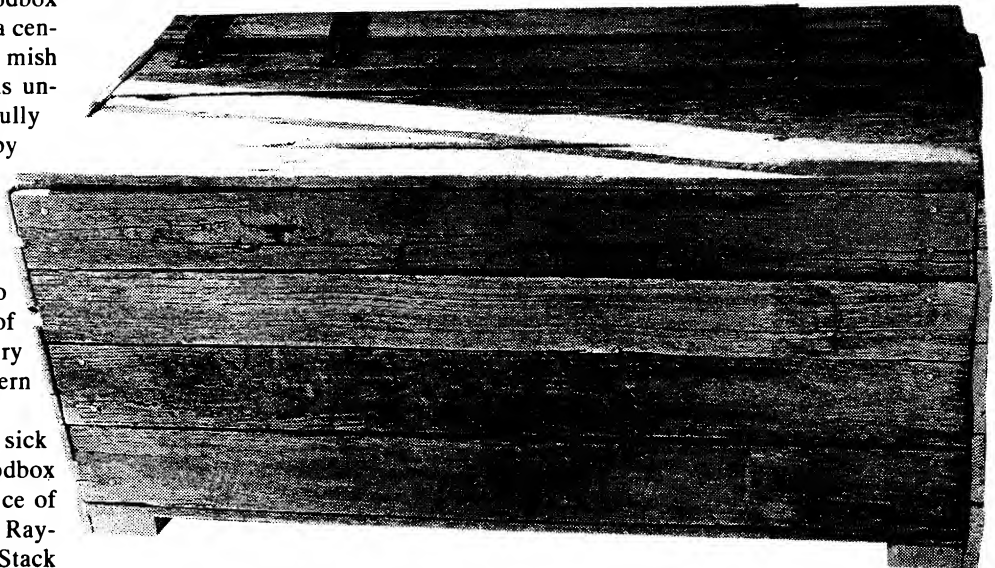
Then we set about making the woodbox. We wanted it to store all but the largest logs. We wanted it to double as a seat outside the back door where we were always struggling in and out of gumboots before picking out hundreds of grass seeds from our socks. The height was determined by a comfortable sitting height and the length and depth by the estimated number of logs to keep the two main fires burning for several days under average conditions.

Once we had the palings, a few pieces of scrap timber for the frame, hammer, nails and a saw, we could have used an old pair of rusty hinges that we had, but I went to the op shop and bought a wide beautifully decorated leather belt for 20 cents. This I guiltily cut up for strap hinges. The woodbox



was made in an afternoon.

We carried it through the house to the back verandah and dumped it on the sitting room floor to admire our handiwork. From the comfort of a lounge chair, if it hadn't been that the shape and size looked suspiciously like a coffin, we would have left it, right there, as a coffee table. It looked great! ☼



The woodbox-cum-seat
now on the back verandah.



TOOTH AND PASTE

by John Mount, Woodford, Qld.



The ancient Greeks and Romans rubbed their teeth with small sticks wrapped in cloth and coated with the burnt and pulverised heads of mice, moles, and rabbits, on the assumption that the toothy attributes of these small creatures would literally rub off on to the user. Other popular cleaners of the time were iron rust, pumicestone, and the ashes of dogs' teeth mixed with honey or human urine.

If the above dental ingredients turn you off, consider the effect of some of the later modern dental chemicals:

- Hexachlorophene, an antibacterial agent so potent that its use or misuse as a disinfectant proved fatal to babies.
- Cyclamate, an artificial sweetener now linked to cancer.
- Chloroform, used as a flavour enhancer and now considered by some to be a cancer enhancer.
- Even the tube containing the toothpaste once contained a large amount of lead which probably leached into the toothpaste.

The standard modern toothpaste consists of around 40 percent abrasive chemicals to remove staining, usually calcium phosphate dehydrate; 20 percent glycerine to prevent the paste hardening; 1.5 percent detergent or foaming agent (sodium laural sulphate is often used); one percent sodium carboxymethylcellulose as a thickener; one percent flavouring such as spearmint or menthol; and the remaining percentage as water. (Many brands nowadays include small percentages of flourides and other chemicals such as sodium flourophosphate, sodium flouride, and strontium acetate.)

As a child I recall older people often brushing their teeth with common table salt. This not only removed stains but the salt acted as an antibacterial agent or oral antiseptic.

Other early teeth cleaners used were:

- A mixture of charcoal (often scraped off burnt toast) and honey.
- Salt and honey.
- A little bicarbonate of soda mixed with molasses, honey, cream, or yo-

ghurt.

- Bicarbonate of soda mixed with salt and a little rainwater.
- Dentree toothpowder, made by pickling the end of an eggplant that is nearest the stem for about 10 to 12 months in a salt solution. This solution is poured off and the remainder is roasted until it assumes the appearance of ash or charcoal. It is then ground into a fine black powder and applied to the teeth by rubbing with the finger or by brushing with a brush. The powder has many other uses both medicinal and otherwise.

A few general points to consider about your teeth:

- Natural or hollow bristled toothbrushes will retain minute food particles – a bacterial paradise.
- Research seems to show that flouride works mainly on childrens' teeth and only marginally on adult teeth.
- Toothache relief can be obtained by using balm (*Melissa officinalis*), or oil of cloves.

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A ROOF OF REEDS

by Penny Blazey, Dromana, Vic.

When Penny and Clive Blazey of Diggers' Seeds decided they needed a new building, it was the perfect opportunity to realise their long-held ambition to build using indigenous materials. A feature of the new structure is the stunning thatched roof, professionally crafted from a local reed.

The obsession to build a natural structure out of local materials from the Mornington Peninsula has been with us since we first travelled to Third World countries in the 1960s. We live in the wonderful historic building of Heronswood, which is constructed of stone quarried for the house in 1871 from the mountain at Arthur's Seat, and eucalyptus wood split for the diagonal slabs and shingles for the cottage in 1864. However, after admiring the beautifully sculptured thatched roofs in England and, more recently, Africa, we decided it was time we built our own, using indigenous materials, at Dromana.

We discovered the perfect reed for thatching in the Tootgarook Wetlands near Rosebud, just ten minutes from Heronswood. *Phragmites* is a reed that grows in watery ways all around the world. It is widely grown and used for thatching in England (particularly Norfolk), Holland and northern Germany. The species that we used (*Phragmites australis*) is a southern hemisphere strain.

We decided that the external walls of the building would be made of rammed earth. This involved examining the tailings at the local quarry to see that they had the right consistency and colour. The material came from the earth of Arthur's Seat, only a couple kilometres from Heronswood, so the colour matched our area very well. Ten minutes away from us, at the top of Arthur's Seat, near Red Hill, the earth is an entirely different colour (red) and consistency (clay).

Soon, a huge mound of earth blocked our top driveway until the form work had been put in place and all the earth had been mixed with approximately eight percent concrete for strength, hosed, and then rammed into place. We employed Earth Structures to build our rammed earth walls and our son, Jol, worked with two other 'rammers' to complete the walls in three weeks. They were closely followed by a team of Dutch builders, headed by Fred Sanders, who came in to erect the internal

walls of tongue and groove panels. Alex Macnaughton, of Frankston, was our architect.

Not only were the local Dutch builders superb craftsmen – they chamfered every beam in the building – but they also knew how to prepare the roof for thatching. They placed battens 600 millimetres apart and 150 millimetres above the wooden ceiling so that the thatchers could wire the reeds onto the battens and tightly secure them. Ceilings are not necessary in homes and are not often used in Africa, where the thatch itself forms the ceiling, but we wanted extra dust protection for our computers and other office equipment.

Our next challenge was to find a thatcher to roof the building that we had planned to include offices, a seed storage area (or seed bank) and a public cafe. This was no easy task and we found that most of the thatchers in Australia had passed on. We eventually tracked down a German master thatcher

in New Zealand through a heritage fruit growing contact in that country.

Norbert Kleinschmidt had left Germany several years previously to settle in New Zealand because he was fed up with the pollution and overcrowding in Europe, and wanted a clean environment and atmosphere in which to bring up his children. However, the demand for master thatchers is still so great in Germany that each year he travels back for three or four months, from May to August, to thatch or repair roofs in his homeland.

Our problem was to catch Norbert on his way back from Germany to New Zealand before it was too late to cut the old reeds from the wetlands as, being an annual, the new growth would be starting in September. This meant a lot of phone calls to Germany to verify the reed and to organise a team of reed cutters to commence at least a month before Norbert arrived with his friend Volker (Flipper) Haarlander, who was also an experienced thatcher.

In Germany, reed cutting is made easier by the water icing over, which allows machines in to cut the reeds in huge sweeps. The ice also retards the growth of the plant until all the old reeds are cut out. In Australia, the task is more difficult. Teams of strong workers in waders (as you would use for fishing) have to wade through the three-metre high reeds, cut them with whipper-snipplers, tie them in bundles to be placed on large tarpaulins, and then bodily drag these out to a clearing. Here, the bundles are shaken and sorted so that all the old weak stalks are removed and the reeds are then stacked to dry for two weeks in specially made racks. After this, the bundles had to be transported on the backs of utilities to Heronswood and stored until the thatchers could use them. At one stage, the new tearoom/cafe was stacked six metres high with bundles of reeds.

It was wonderful to watch the thatchers at work as they were so fast and skilled. They would bang the bundles



Cutting reed with a whipper-snipper



Norbert Kleinschmidt, master thatcher, finishes the roof of the Thatched Earth Cafe at Heronswood, the home of Diggers' Seeds.

hard down on the flat ground and then cut the ends evenly to a length of about 1.5 metres with a huge cast iron guillotine or cutter. One would stand up on the roof while the other would hurl the bundles up, and there they would cut the twine and carefully spread out the bundles along the battens. They then sewed the reeds onto the battens firmly with wire threaded through a huge iron needle (which looked like a poker). When the reeds were in place, a large, wooden, flat bat with holes in it, called a leggett, was used to pat the reeds into place so that they sat on a sloping angle to the roof. The thatch needs to be at an angle of 50 degrees or more, with a 600 millimetre overhang beyond the walls, as there are no gutters. As they moved up the roof, the thatchers used a specially adapted small ladder with two metal scythes at the top to hook into the thatch.

The art of thatching was wonderfully displayed in the way they shaped the reeds around the roof and windows so the roof became a beautiful, sculptured work of art. The result was way beyond our expectations and it is great to watch people gasp when they see the building for the first time. Apart from producing something beautiful from natural materials, the craft of thatching is so quiet – only the pat, pat of the leggett can be heard. Such a contrast to the thumping

of the pneumatic rammers and the screeching of electric saws.

We are delighted with the end result. Even though it did cost more than corrugated iron, it should last up to eighty years. We would have preferred to cap the roof in the traditional way with extra scalloped reeds, but the cost was too prohibitive, so we opted for black rubber covered with sisal carpet instead.

We also installed roof sprinklers, for which we were grateful on the night of the Arthur's Seat bushfire in February (we later sprayed fire retardant on the reeds). Because the thatch is 250 millimetres thick and densely packed, it does not allow rain to penetrate through, and this natural insulation keeps the building cool in hot weather (it was 23°C inside on our first 40°C day) and warm in cool weather. The seed store at one end has natural earth walls and no windows, so it keeps the seeds at a constant temperature all year.

We have found the whole project to be deeply satisfying and hope it will encourage others to perpetuate the craft of thatching. Thatching is a trade that is dying at a rapid rate – Norbert estimated that there were only 150 master thatchers left in northern Germany.

The building is now called the Thatched Earth Cafe and has a wonderful timeless appeal. It is open Monday to Friday from 10am to 4pm and

provides an added attraction for visitors to the garden of Heronswood, which is 70 minutes from Melbourne (Melway map 159 C9).

Contacts:

Architect: Alex Macnaughton

Ph: 03-9787-5788

Builder: Fred Sanders

Ph: 03-5974-2377

Rammed Earth Walls: Earth Structures

Ph: 03-5778-7797

Thatcher: Norbert Kleinschmidt

Ph: 0011-64-3527-8232

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A LOVE AFFAIR WITH DUCKS

by Pam Cole, Tuncurry, NSW.

The first rule of living amid ducks is 'watch where you put your feet'. Duck poo is sloshy, messy, and prolific. One learns as one goes along. As did a young lady guest from the city, sleeping for a crowded birthday weekend in the caravan in our orchard. She turned in for the evening full of praise for the setting's picturesque charm: fruit trees in bloom, duck pond, feathered friends among the water reeds. Stepped forth heedless of advice next morning, in her new ankle-length, stiletto-heeled boots, into instant dismay. Poor girl. Still, I mean... stilettos... at *our* place!??

Another guest, a brash Texan whose abrasive views on all things Australian were wearing our patience very thin, delighted the boys by 'putting his foot in it' seven times in succession. All unaware, he continued his harangue lulled by the sudden attention riveted on him by three straight-faced young Aussie males. If he'd paused to look down, he'd have seen their gumboots, his expensive runners, and the rest of it.

It is possible to lose friends in the course of a long love affair with ducks. Compensating factors are the beguiling nature of the creatures, their behaviours, their undeniably sweet shape, their diverse and intriguing personalities. The ducks in question shared part of our large backyard in a country town, and rejoiced in the titles and affection bestowed upon them by an imaginative son. There amid the red dust, herbs, tansy and orange trees, dwelt the portly drake Sir Cumference, followed on his demise by the more reluctant Sir Tenley Knott; and their wives Lady Agnes, Reginaldina, Penelope; and the oddly-behaved Muscovies, Rasmuss and Mango. Ancestral family trees (mythical but amusing) were drawn up for this aristocratic family, whose coats-of-arms even today adorn the walls of our present home.

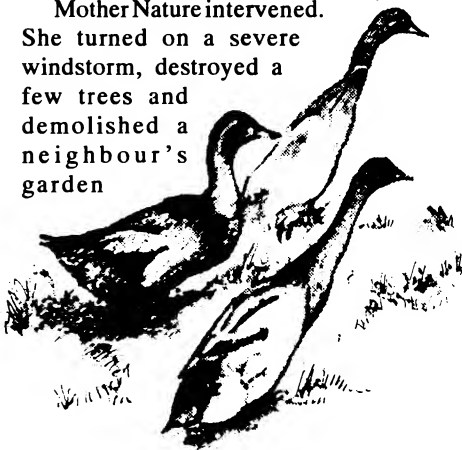
Upon our sudden transfer that house was sold. The fate of the poultry caused anxious moments. The geese were settled safely at a friend's riverside farm, the hens went to admiring and covetous neighbours, but the ducks?

The ducks took control of the situation, exerted their considerable charm on the first house-hunting couple to

appear, and the result was, 'We'll give you the asking price on one condition. Please, please, those ducks must be part of the deal'. Problem solved.

Sad news on the duck front followed. We had none at all while living in town and later in the shed on a bare block while establishing ourselves. Then an armful of ducklings arrived with a visiting son and a portable duck ark was built. This was of wire netting over a frame and had a shelter over one end, not difficult to move about thus fertilising the future back garden. Sadly, one morning we found the ark overturned, paw-like diggings around it, and no ducklings. The first encounter with the local fox.

Mother Nature intervened. She turned on a severe windstorm, destroyed a few trees and demolished a neighbour's garden



shed. It had been one of the aluminium DIY kit-type, and was now strips of twisted metal wrapped around various banksia tree trunks. Surveying the damage, our neighbour asked for the loan of a trailer to carry the remains to the tip. A speculative gleam in his eye, Himself replied that if it really was no use, perhaps we could...um...? A bargain was struck, the junk delivered to our backyard, and out came the panel-beating tools. Result, a dented but adequate chook shed. Around this went a splendid high fence constructed from posts and netting bought from a retiring tomato farmer. This was divided in two, and in the duck half went the ark and duck pond (the dig hole, spread plastic, pour concrete variety).

And so the latest ducklings entered our lives. Two bright yellow, Mustard the bold and inquisitive, and Custard the wavering and cowardly (Pekin-

Aylesbury crosses); tawny Nutmeg (a Khaki Campbell), and the glossily coloured drake Cinnamon (a Khaki Campbell with an Oriental dash of Pekin). In all backyard activities, and in their daily perambulation of the garden, these four stayed together: vain Cinnamon in the lead; peaceable and warm-hearted Nutmeg following, then the bold erratic Mustard, while the timid Custard cautiously trailed behind, palpitating with fear, and scurrying to catch up. Placid and traditionally minded, these ducks have proved their worth in sternly hunting slaters and grubs, producing eggs, and providing liberal deposits of fertilising material on all garden beds.

But their offspring! Oh dear! Juvenile delinquents of the poultry yard. Did their odd upbringing contribute to their socially unacceptable ways? My diary for last year records the bad behaviour of these ducklings fostered by a hen. 'November: and then came the winds, sometimes a warm fresh and salty one from seaward, sometimes a boisterous rip-roarer from inland. Either way it was noisy and hectic, with everything that could move doing so! Chairs skidded along the verandah, clothes tangled together on the line, plants were sandpapered by the salt wind or shredded by the dry one. At this stage of the game our chicklings went bananas. These were the three ducks hatched out and mothered by the fat old speckly hen. While young, they were an amusing sight bobbing on the water as Speckles fussed on shore. They drove her to distraction as she tried to organise them at feeding time, ignoring her instructions to scratch here and peck there - ducklings just don't eat that way! However, amusement changed to concern as they grew older and caused a lot of trouble among the poultry. Battles with the four senior ducks began, and that staid quartet Mustard, Custard, Cinnamon and Nutmeg were not impressed. (The chicklings had remained unnamed as we told ourselves firmly, right from the start, that they were bred for the table.)

'When they began gang warfare on the laying hens, we felt enough was enough. Indeed it was distressing to watch their tactics on the wildly windy days. One would grab a passing hen's

wing in his bill, and hang on, while the other two plucked out her feathers and bashed her with heads and beaks. So we hardened our hearts and all three were prepared for the pot. Peace returned to the poultry yard.'

Returning home one day recently, a

circling crow alerted us to trouble. Alas, there lay the body of sweet-tempered Nutmeg, cause unknown. But as I write, the other three, healthy as ever, are grubbing industriously beneath a rosy hibiscus, honeysuckle fragrant above their bobbing heads. By the gazebo on

the top lawn the wild wood ducks have alighted for a visit, charming little dark creatures with delightful slanting eye markings. It's a ducks world, but wait, watch where you put your feet.



WHY KEEP DUCKS?

by David Miller, Kinglake West, Vic.

Why keep ducks? That is a question you never ponder at the Sextons. The whole family is so enthusiastic about waterfowl, they have the question answered before you get the chance to ask, and when you see how lovingly they handle the birds you realise how deeply they enjoy everything to do with them. 'Everything' consists of their general management through to specialised feeding for show, egg laying and reproduction, breeding to perfect and preserve the breed, and competing at country shows. Their ducks also fit in with their general aims for self-sufficiency on a pretty acreage they have planted with natives and fruit trees.

They say ducks are quieter than roosters and not prone to scratching up the garden or spreading mulch all over the place while searching for food. Their manure is good for the garden and breaks down quickly. They will eat snails, grasshoppers, and all sorts of insects including flies on the wing; in fact there have been no grasshopper plagues since ducks arrived at the Sextons – they don't have a chance! Ducks also dig the soil over, lightly aerating it, in their search for insect eggs and larvae, and will even keep a modest lawn trimmed. They don't hang around the back door, don't have skinny frames like other poultry breeds, will successfully brood and rear high percentages of offspring without trou-

ble, and rarely have health problems.

Jim says you don't need a dam to keep ducks. His never go near their dam, because they have plenty of water in buckets, and an orchard with wind-blown fruit to eat, the sprinkler on hot days, and plenty of green grass to nibble. One necessity, however, is a predator-proof cage in which the birds are housed at night. Jim just claps his hands

together to compare notes on breeding and management. The kids usually have a great time together, seeing old friends, and always taking home at least a card for their wall.

Ben specialises in the Indian Runner, a breed used for egg laying, weeding and natural insect control. Jim has eight breeds: the Cayuga, an all black duck with a fascinating green sheen on the

feathers; the Aylesbury, an old English culinary breed; the Appleyard, hardy, indestructible and pretty; the Elizabeth, small, fertile and Australian; the Welsh Harlequin, large, attractive and happy; Blue Swedish, large, blue-grey and a good grazer; and his first love, the Saxony, an endangered species which is large and calm with soft brown feathers.



Ben with one of the White Runner ducks which are his special interest.

three times in the late afternoon, and the birds all head for their shelter and the food within.

Jim and Ben have breeding programmes to improve the quality of the breeds they keep. Although the emphasis is on practical and useful characteristics, they also aim to maintain the plumage colour true to the breed. Jim says ducks were originally bred to eat, so to be true to their original purpose, most breeds should have a solid meaty carcass. Showing the bird is really a social outing where enthusiasts get to-

gether to compare notes on breeding and management. The kids usually have a great time together, seeing old friends, and always taking home at least a card for their wall. Ben specialises in the Indian Runner, a breed used for egg laying, weeding and natural insect control. Jim has eight breeds: the Cayuga, an all black duck with a fascinating green sheen on the feathers; the Aylesbury, an old English culinary breed; the Appleyard, hardy, indestructible and pretty; the Elizabeth, small, fertile and Australian; the Welsh Harlequin, large, attractive and happy; Blue Swedish, large, blue-grey and a good grazer; and his first love, the Saxony, an endangered species which is large and calm with soft brown feathers.

Jim says ducks are easy to prepare for shows because they wash themselves. They are also very easy to sell. In addition to all this the Sextons find great satisfaction in preserving a genetic resource passed over by the commercial industry which, according to them, sells a product which is fat and tasteless.

You can find out more about waterfowl by writing to the Victorian Waterfowl Association, PO Box 132, Alexandra, 3714, or the Australian Rare and Minority Breeds Association, PO Box 958, Wodonga, 3690. They will direct you to associations within your state.

ON THE ROAD

by Charles Batham, on the road.



I have been travelling the world and living on the road most of my life. This is not to say that I have not tried the alternative lifestyle of nine to five, buying a house, paying a mortgage, etc, etc. Luckily for me most people do not live on the road. What I mean is that there are horses for courses and I know which course is for me.

The old adage 'born with a silver spoon in your mouth' can be interpreted in many ways. I suppose I fell into the category, but I just threw it away! Most people would say I acted foolishly, was too headstrong, others were considerably more critical! I was sent to private boarding school when I was six years old, so I learnt at an early age how to look after myself. At thirteen I went on to what we call in England a 'Public School', which is in fact a very expensive senior version of the first one. Looking back on my school days, I can say that more than anything else they prepared me and gave me the confidence for the independent life I have chosen to follow. I hated school at the time and was always in trouble; this taught me how to avoid or get out of problems, a skill one uses on the road all the time.

I was entered for The Royal Agricultural University at Cirencester, England. One requirement, apart from the entrance exam and huge fees, was one year of practical farming. I chose Kenya, East Africa! My love affair with Africa started when I was sixteen. After a spell of mixed farming I worked with a 'White Hunter' on big game safaris,

then down on the coast in the game fishing business. By the time I got back to England I thought I was a man of the world (nineteen) – my father definitely did not share the same opinion.

After several years of succumbing to family pressures and working in different aspects of family businesses, I finally threw away the 'silver spoon' and returned to Africa. I was disinherited from both sides of the family, not bad for an only child! If I had been mercenary it would have been an absolute disaster as the family estates were not small. I have never looked back with regret; I always find something I enjoy doing which pays its way. This is a lot more than can be said for my 'would-have-been' business colleagues.

You are probably saying, 'Well that is all right for him, he has no responsibilities and plenty of money,' or something very similar. That's OK, it's a common reaction. You are lucky in Australia in some ways; you have a large and mineral-rich continent, however you appear to hand out more money to more people than I have ever seen in any other developed country. Generally speaking this is not good, as people become dependent, don't think for themselves and lose that drive in life. I have always found that the closer the wolf gets to the door the easier it is to accept work which I might not like. Having to do things which one does not enjoy makes one appreciate so much more the final goal.

Most people would love to travel; it

is a very natural desire amongst humans. However, as we hurtle into the twenty-first century it is becoming harder to free ourselves from our new possessions and lust for more of them. Lifestyles become too comfortable and change more frightening. Perseverance is lacking. Let's face it, our consumer world has come up with some great 'toys'. In life we always have to sacrifice some things if we want to achieve certain goals; well, living on the road is no different. Flexibility and resourcefulness would have to be high on the list of requirements when I look back on my various adventures.

In Africa these days most of the 'White Hunters' shoot with a camera. Working with them for my keep was not too difficult. As a partner in a beautiful ocean-going yacht (115ft), I was able to sail around the world taking charters and teaching people how to sail, navigate and scuba dive. My last big trip was by motorcycle: ten years travelling through ninety-one countries to go right around the world. This time I set a couple of Guinness Records. I sold photos, stories, gave slide show talks, or just did any job that came along to pay my way. I came to Australia at the end of my bike trip; in fact it ended with great pomp and ceremony at the Sydney Opera House, attended by the Lord Mayor, Guinness Record officials and the press.

My current adventure started as a thought over three years ago. I had in the meanwhile fallen in love with a

I have always found the closer the wolf gets to the door the easier it is to accept work which I might not like. Having to do things which one does not enjoy makes one appreciate so much more the final goal.

beautiful Australian girl who had never travelled. We decided to explore Australia, taking our time to find the more remote places. The main vehicle was an Irish double decker bus which came overland with a friend of mine. We spent more than two years stripping, building and equipping. Inside the bus, downstairs is a comprehensive kitchen, breakfast room, bathroom, laundry, crews' quarters (four berths), and upstairs a sitting room (hi fi, video and TV), bar, study, master bedroom. Outside boasts an annexe, table, chairs, gas barbecue and extra shower. To enable us to be self-contained for long periods of time there are also on board, two fridges, a deep freeze, long range diesel and gas tanks, 1000 litres of water, generator, inverter, solar panels, chainsaw, welding equipment and a workshop! Fairly comprehensive? Now you see why it all took so long. By the way, did anyone say you can't take your toys? On the trailer behind the bus we have a modified Mini Moke jeep, a 185 cc trail bike, and a two-seater plane! There is also a six-person Zodiac (inflatable boat) with a fifteen-horsepower engine and all our scuba diving gear.

We had a tremendous farewell from Sydney and headed north. We literally zigzagged up through New South Wales, testing all our equipment. We went to Gloucester for our flying instruction and my girlfriend, Amy, became the youngest female (at eighteen) to get all her licences for this category of aircraft. We explored the Myall Lakes, Tweed River, Mt Warning, went to the festival at Nimbin, saw the New Year in at Byron Bay, experienced the Indy Festival, travelled the Great Dividing Range onto the Darling Downs and back to the coast.

Amy went down to Sydney for the birth of her first niece and found that she preferred to stay there, travel was possibly not for her. This came as a huge shock and some necessary adjustments had to be made. I continued up to Fraser Island where I have stopped to re-organise. Ideally I will look for a partner who enjoys the travel lifestyle and is in a position to share expenses. I also have accommodation for up to four people who could join at any time, anywhere, on a casual basis. If you are adventurous and can make that first step, who knows, this also could be the lifestyle for you. Charles can be contacted: C/- 26 Western Cres, Gladesville 2111. Ph: 015-010-772 or 02-214-9775.



The current adventure has enabled Charles to visit many beautiful parts of Australia, his array of transport allowing access to out-of-the-way places.



Charles at the wheel of the Irish double decker, setting off on another adventure.


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DUST OFF THE PRESERVING PAN



At one time or another, depending on where we live and what we grow, all of us who garden have had the problem of dealing with the dreaded 'glut'. You have eaten all you can bear to, given away all your nongardening friends will tolerate, frozen all your freezer will hold, dried more than you will ever use. What next? Pickles, chutnies, jams and relishes are what.

It's usually hot and fiddly work but all those delicious preserves will add a gourmet touch to meals throughout the year, they make great gifts, and, provided your energy and the glut both last the distance, can even earn you some extra pocket money if you decide to sell them at markets or the local deli.

We have chosen some of the more unusual preserves from the many that readers have sent in over the years. So dust off the preserving pan, assemble some helpers in the kitchen to assist with washing, peeling, chopping, and remember to sterilise, dry and warm your jars while the preserves are cooking.

JAMS

The first recipe was sent in by Elsie Hoare of Berwick and comes from the 1916 edition of *The Girls Own Annual*. Imperial measurements have been converted to metric.

Rhubarb and Orange Jam

Peel and cut in small pieces some nice pink rhubarb, and to every 500 grams allow three oranges and 350 grams of loaf sugar (ordinary granulated sugar will be fine), also a tablespoon of fine sago. Lay out the rhubarb on flat dishes and cover with the sugar, then leave till next day. Grate the yellow zest from the oranges, and cut the pulp in thin slices, removing the pips and the white pith. Put all into the preserving pan, and boil nearly an hour, stirring frequently.

The next two recipes were unnamed, our thanks to the anonymous reader.

Nectarine Jam

2 kg nectarines
1½ kg sugar



300 ml water

Boil sugar and water together for five minutes to make a syrup. Wash, stone and quarter nectarines, add to syrup, bring to boil and keep at a steady boil, stirring from time to time, until jam sets when tested on a cold saucer (about 30 minutes). Pour into clean warm jars and seal immediately.

Strawberry & Brazil Nut Conserve

1 kg strawberries
1 kg rhubarb
1½ kg sugar
250 g Brazil nuts

Wash and hull strawberries. Wash and thinly slice rhubarb. Chop nuts. Crush strawberries into sugar. Add rhubarb and slowly bring mixture to the boil. Cook until thick (30-40 minutes). Add nuts and return to boil for two minutes. Pour into jars while hot and seal when cold.

Colin Franklin has been a regular contributor of recipes over a number of years. Most of his recipes come from old books handed down in his family. Many owners of prolific passionfruit vines will appreciate this one.

Passionfruit Jam

Empty seeds out of skins. Place one-third of the skins into a saucepan and

just cover with cold water. Bring to the boil and simmer until the insides are pulpy and soft (20-30 minutes). Strain the water off and add half of it to the reserved seeds. Scoop the insides out of the cooled cooked skins and add them also. Measure the whole. To each 600 ml of fruit mixture allow 600 g of sugar. Boil quickly for 30-35 minutes. If cooked for too long the colour will be spoiled – it should be pink. Begin to test for setting after 20 minutes boiling. Remove from heat, bottle and seal as soon as setting point is reached.

PICKLES

The wise gardener does not allow zucchinis to grow too big (easier said than done), but picks them when they are small, tender and tasty. A Victorian reader who wishes to remain unidentified in case we all donate our excess zucchinis to her, says that two to three centimetres in diameter is the ideal size to use in this pickle, a variation on the more usual pickled cucumbers.

Zucchini Pickle

1 kg zucchini
2 onions
¼ cup salt
3 cups white wine vinegar
¾ cup sugar

1 tsp each: celery seed, mustard seed, dill seed, dry mustard, turmeric

Wash zucchini and slice thinly. Peel and thinly slice onion. Sprinkle salt over zucchini and onion slices and just cover with water. Leave stand 1-2 hours. Drain well. Bring vinegar, sugar and other ingredients to the boil. Remove from heat and add sliced zucchini and onion. Stand for one hour. Bring to boil, simmer for 10 minutes, stirring occasionally. Bottle in jars with lids that won't be corroded by vinegar – plastic lids or those previously used on commercial pickles are fine.

Pickled nasturtium seeds are often recommended as a substitute for capers; Marilyn Craig from Newcastle tells us how it's done.

Pickled Nasturtium Seeds

Pick nasturtium seeds when the weather is fine, wipe them clean and dry in a very slow oven or in the sun. When you have collected a jarful in this way proceed as follows:

- 600 ml white wine vinegar
- 3 bay leaves
- 2 tsp salt
- 10 peppercorns
- 1 tsp dill seed

Put above ingredients in a saucepan and bring to the boil. Remove from heat. Strain when cold. Put nasturtium seeds in a sterilised jar and cover with the spiced vinegar. Extra dill or mustard seed can be added if desired. Seal jar, store at least two months before using.

CHUTNEYS

Apples grow abundantly in the cooler areas, and even in some quite warm ones, but Tasmania is especially noted for its apple harvest. This chutney recipe is from Chick Simons, Devonport.

Apple Ginger Chutney

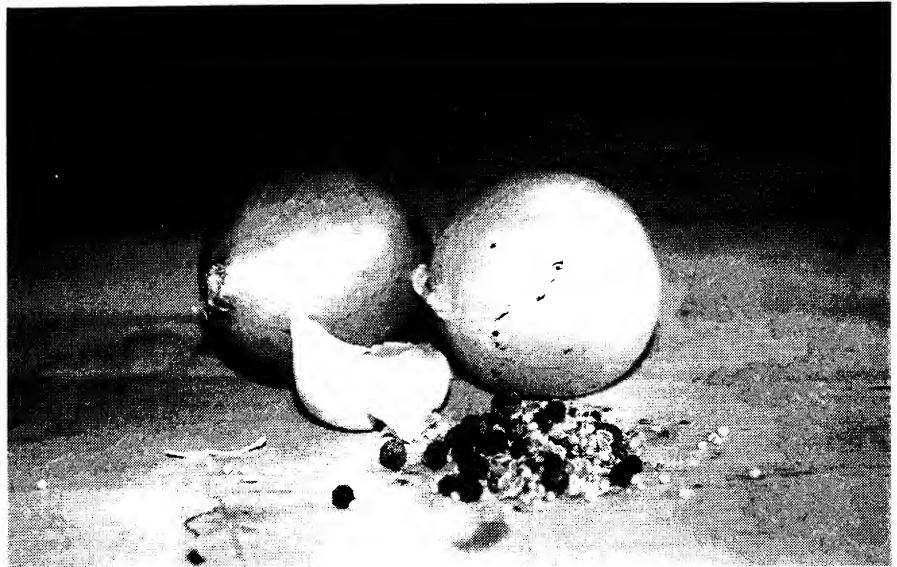
- 3 kg apples
 - 200 g preserved ginger in syrup
 - 800 g brown sugar
 - 1 lt cider vinegar
 - 3 tbsps salt
 - 1 tsp ground cloves
 - 1 tsp ground allspice
 - 2 tsp ground ginger
 - 2 large green peppers
 - 2 large onions
 - 300 g currants or sultanas
 - juice and grated rind of 1 lemon
- Core and chop apples. Seed and chop peppers. Peel and chop onions. Juice lemon and grate peel. Finely chop ginger, keeping syrup. Place sugar, vinegar

salt and spices in preserving pan and bring to boil. Add peppers, onions, currants or sultanas and simmer for 30 minutes. Add remaining ingredients, simmer for 30 minutes, or until thick, stirring frequently. Bottle and seal while hot. Use plastic or other corrosion-proof lids.

Rosetta Berry from Park Orchards wrote that just about any fruit can be used in this basic fruit chutney, but recommends kiwi fruit or feijoas to those who have excess. If you don't like a strong garlic taste, substitute a couple of large onions.

Fruit Chutney

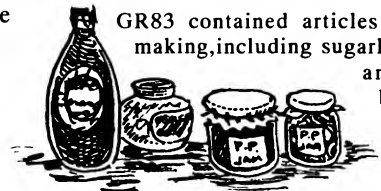
- 2 kg peeled chopped fruit
- 1 kg brown sugar
- 750 g currants or sultanas



- 250 g garlic or 2 large onions
- 500 g fresh ginger
- 2 tbsps salt
- 1.5 lt white vinegar

Peel and crush garlic, or peel and chop onions. Place prepared fruit in preserving pan with sugar, sultanas or currants, salt, vinegar, garlic (or peeled chopped onions). Crush ginger, tie in a muslin bag and add to pan. Bring to boil and simmer till a thick pulp, stirring occasionally. Remove muslin bag and dispose of ginger. Bottle and seal while hot.

GR83 contained articles on jam making, including sugarless jam, and fruit bottling.



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VERSATILE PUFF QUILTING

by Pamela Odijk, Caboolture, Qld.
Photographs by Herman Odijk.



When is a quilt not a quilt? Answer – when it is a bath mat, a play mat or even a banana lounge cover. Quilting techniques are very versatile. Puff patchwork, or pillow-puff quilting as it is sometimes called, is very similar to traditional patchwork with the freedom to combine patterns and colours, and it overcomes some of the most difficult problems of quilting as you ‘quilt as you go’, so there is no pinning, tacking and hand or machine quilting at the end. It is very easy and even beginners can master it immediately.

Everyone uses a bath mat, but many commercially available ones leave a lot to be desired as they are either too small or too thin underfoot and rarely match the colour scheme of the bathroom. That is why this quickly and easily made puff patchwork bath mat makes an ideal gift, or saleable market stall item, or just adds a little more luxury and comfort to the family bathroom.

This example is made from double-sided terry towelling in contrasting colours. The padded puffs are warm and comfortable to stand on and the mat is washable. It can be made to any size simply by adding more puffs to the length or width. For the thrifty, it can also be a way to recycle old towels.

INSTRUCTIONS

Materials

For a mat measuring 76 x 56 cm

- 1 metre of towelling for ‘puffs’
- 1.75 metres of towelling in a contrasting colour for the mat border and

back of mat (This mat backing covers the entire reverse side of the bath mat for neatness and durability.)

- 1 metre of muslin, calico, organdie, cotton or any material for backing the puffs
- washable polyester toy filling, old cut-up pantyhose, or washed scraps of woollen fleece for padding

If you want to make a larger or smaller mat, the following rule of thumb applies. The square for the ‘puff’ needs to be cut 37 mm bigger in width and breadth than the lining. An ideal manageable size is 7.5 cm - 10 cm for the lining piece with the top piece, the puff, being slightly larger as indicated.

Method

Cut as many puffs from each colour of towelling as required along with an equal number of squares from the backing material, the puffs being slightly larger.

Place each puff piece to the lining (smaller square) piece, *wrong sides together* at each corner. Then pin the puff in place, so there is a tuck which takes up the excess material on each of three sides. Sew around these three sides. Leave the fourth side open so the polyester filling can be inserted. Insert the filling and pin a tuck in the middle of this side too, and sew down.

Join a string of puffs together (right sides together) in alternate colours in strips as if you were making a quilt.

Make sure that each alternate string has the puffs arranged so as when the strings or strips are joined together to

make the mat, the result is a checkerboard effect.

Now join the strings of puffs together to make the top of the bath mat.

Next, sew a border strip along each edge, right sides together, to complete the top.

Sew on the mat backing piece, right sides together, to the outside edges of the border strips, leaving one side open wide enough to turn the bath mat right side out. Then sew up this opening.

Your bath mat is now finished! Enjoy the luxury!

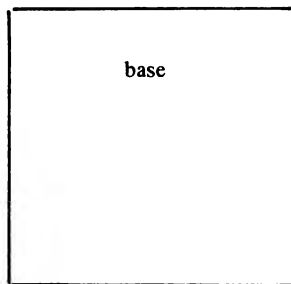
PLAY MAT OR COT QUILT

This cot quilt with colour blocks which step down to the centre and up again to the other side, can double as a floor play mat for a small baby. The puffs make it soft to sit on and to cushion baby’s head from any bumps.

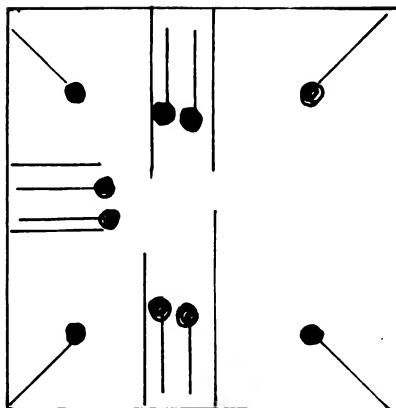
Make it in bright colours and different textures to stimulate the child’s interest.

It is made in exactly the same way as the bath mat using the same sized patches. It can be made from almost any material, although the one in the photograph was made from squares of fleecy backed cotton – remnants from the bargain table! The backing squares for each puff were made from cotton fabric (left over from previous sewing projects) and the puffs filled with polyester toy filling so the quilt can be washed. The quilt has a cotton fabric border and calico backing piece to cover and neaten the reverse side.

Puff Quilt Method

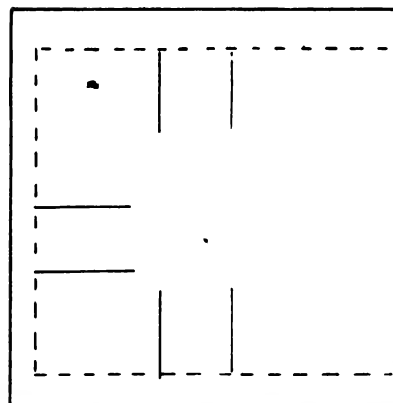
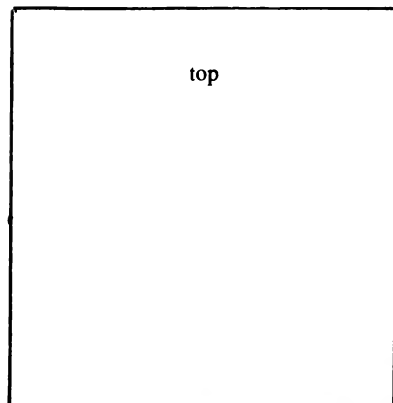


Base is size of finished square.
Cut top 2.5 to 3.8 cm larger than base.



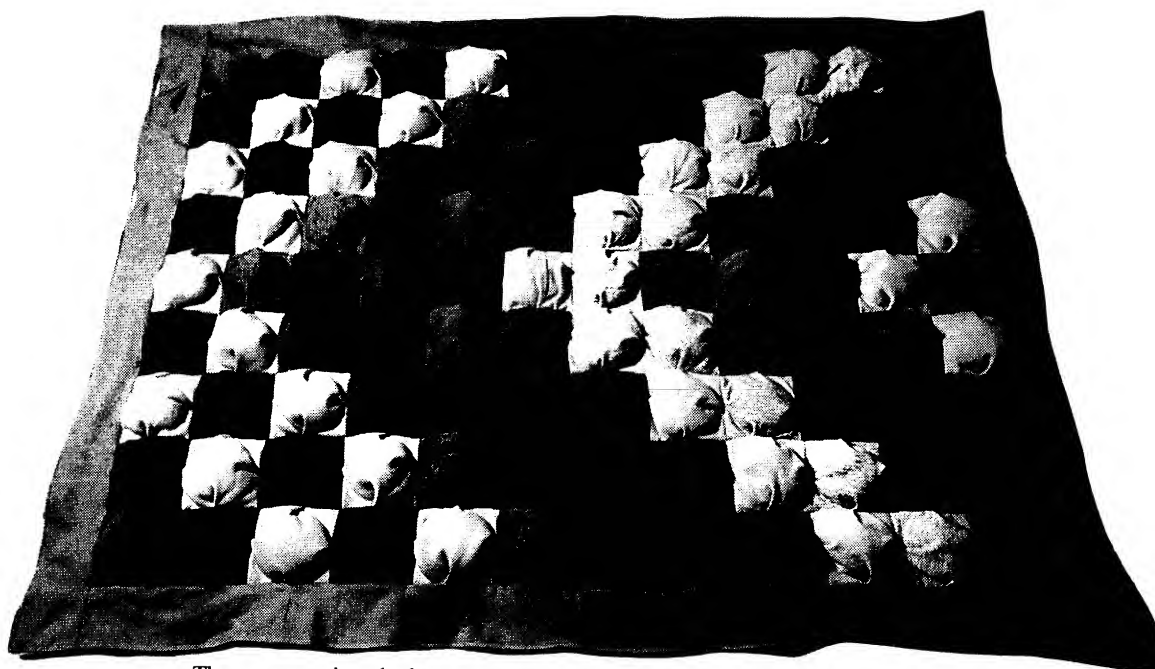
Pin both squares together at the corners.

Pin single or double tucks in the centre sections of the top square. Then stitch in place and remove the pins.



Insert stuffing into the open edge of each puff. Pin open edge together and stitch closed.

Stitch puffs together with right sides facing to form strips, then join the strips together to form a larger square or rectangle.



The pretty patchwork play mat or quilt cover, this makes a unique gift for newborn babies.

Materials

- 108 x 12.75 cm (5") coloured squares for the puffs
- 108 x 10.20 cm (4") backing squares from cotton, calico or any similar fabric (for backing the puffs)

- sufficient calico to back entire reverse of quilt

Approximate size when puffs are joined together is 112 x 79 cm (44 x 31").

Method

Make as for bath mat.

Border pieces 9 cm (3.5 ") wide are then cut to fit the exact size of the finished quilt on all four sides, pinned and sewn twice to ensure that the border does not pull away from the last row of puffs.

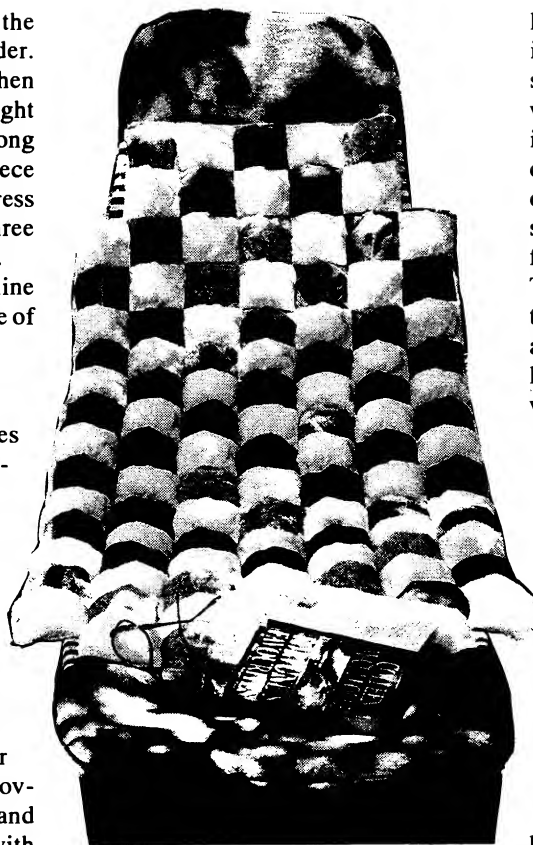
Next cut a backing piece to fit the completed quilt including the border. With right sides together, pin and then sew around three sides and turn right side out. Turn under a small hem along the border of the calico backing piece and sew along the remaining seam. Press the border. Stitch around the other three edges for a neat and uniform finish.

If you wish, use decorative machine embroidery stitching around the edge of the border.

BANANA LOUNGE COVER

If you have a banana lounge, chances are that you are continuously covering it with towels and cushions to make it more comfortable and to stop the plastic webbing sticking to you on those hot days. The ideal solution is to make a puff patchwork cover which is both comfortable and absorbent, which has two envelope style flaps at the top and bottom to slip over the ends of the banana lounge to keep the cover in place, but which also enable the cover to be easily removed for storage and washing. If the puffs are filled with washable toy filling, the cover is even more serviceable.

The patchwork puffs for this banana



Puff patchwork banana lounge cover
— make it from scraps or in school or sporting colours as a special gift.

lounge were made with squares of denim (cut from old jeans bought at an op shop!) and double sided terry towelling, with denim slipover end pieces (which in this case were made from the legs of op shop jeans). The main cover consists of 13 rows of chequerboard patches seven patches wide with two rows of five patches wide strips top and bottom. The puffs are exactly the same size as those used in the bath mat and play mat and made in exactly the same way. The lounge cover is also entirely backed with calico for tidiness and strength. The envelope style end pieces were made as two denim 'bags' with rounded edges, turned right side out, hemmed, and attached to the puff quilt on the top side. ☼

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They show themselves too in a multiplicity of chronic psychosomatic complaints and eating disorders, some of which can be life-threatening: Anorexia, Bulimia Nervosa and Acute Visceral response.

We can be in a constant search for the 'self' but always in the wrong places.

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Sooner or later we each must face ourselves... honestly. Who we are. Where we came from. To what we are travelling towards.

Professor Lionel Exell has had two intense study live-in experimental and theoretical Transpersonal Workshops in the early 1980's with Dr Stanislaw (Stan) Grof on two of his visits to Australia. Dr Grof is an eminent world authority and empirical discoverer of Transpersonal Psychotherapy; a cartography of the biographical, perinatal and the transpersonal, as they relate to and affect, for a lifetime, the human condition.

Lionel has also studied under Dr Joyce H. Johnson in 1983, President of the Florida Institute of Psychophysical Integration and he is now a Master Practitioner of Psychophysical Integration Somatogenic Response Theory.

Lionel is the Founder-Director of The Primal Place, established in 1979, and Founder-President of the Australian Bujutsu Kwai in 1964 with 42 years involvement in Bujutsu, and holds the rank of Hachi Dan 10th Degree with the title of O-soke, Professor of Bujutsu, which incorporates a profound knowledge and understanding of psychomotor coordination and human movement skills.

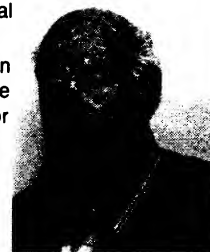
He is a registered therapist in the following modalities:

Diploma of Professional Counselling – Australian Institute of Professional Counsellors.

Master Practitioner – Psychophysical Integration Somatogenic Response Therapy.

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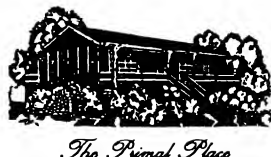
Transpersonal Experiential Primal Therapy.



Professor Lionel Exell

For those who want to gain a deeper understanding of their own personal history and how that history has influenced and affected their individual life strategies and how to change permanently negative life strategies, the following three books written by Dr Arthur Janov can be borrowed from the Bendigo Goldfields Library:

- The Primal Scream
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I WISH SOMEONE HAD TOLD ME ABOUT: SERVICES AND PRACTICALITIES

by Neil Padbury, Wodonga, Vic.

Always investigate the cost of providing basic services and the alternatives before you buy. Also check for any hidden costs associated with the block. There may be rent for unused crown roadways and water frontages, council rates, water board fees, etc. The local council should be able to advise what costs are attached to the property.

COSTS OF SERVICES

Electricity

There was a power pole on the block next door when we bought our place so we assumed the cost of connection would not be too high. It was a bit of a shock to hear the initial estimate of \$11,000 to bring the cables the 500 metres to our house site so we began to investigate alternatives to grid power. By the time the written quote of \$7500 arrived we had already installed the first stage of our solar system and were more than happy with it. To date we have spent \$7000 on our solar/hydro power system and haven't had to pay any power bills in eight years. Unfortunately for us we installed our power system just before the subsidy for remote power schemes was introduced and were ineligible for assistance. In some areas (I know of a couple of cases in Queensland) the power company has the ability to force landholders to contribute to the cost of providing power to the area, even if they don't want to connect.

Telephone

When we first arrived Telecom would supply up to 300 metres of cable free for new connections but there were proposals to introduce a payment for all new connections based on the amount of cable laid. We elected to have a temporary connection made to a caravan near the house site and have since relocated the end of the cable to service the house. Cost of providing a service to a remote house site could be expensive, although mobile or radio telephone service may be an option where services exist.

Water

Some rural blocks close to town may have water supplied, which is convenient, but you will be saddled with ever-

increasing water rates according to the amount you use. In the absence of mains water, or perhaps as a supplement, you will have to install your own water supply. There are many possibilities: creek, dam, spring, well, bore and rainwater tanks. You will need to investigate what is most appropriate for your block (and what is allowed by the powers that be). All will cost you something, so do some investigation first and allow for this extra cost in your budget.

Our water is supplied from a shallow well about 2.4 metres deep, sunk near one of the many springs on the property (cost \$40 per 30 cm for concrete, well rings and lots of work with a shovel). To avoid the cost of pumping I chose to sink the well into a spring well above the house site. Unfortunately this spring is nearly 500 metres from the house so there was a further cost of about \$300 for polypipe to transport the water to where we needed it. The result: abundant water with no running costs.

Water supplies in this area have recently been corporatised (privatised?) and there is now provision for this corporation to charge a licence fee for all water diverted from creeks. Wells, bores and spring-fed dams must be licensed and it is not hard to imagine fees being imposed in the future, so our water may no be free for much longer. Heavy penalties exist for those caught taking water without the appropriate licence.

Waste Disposal

Composting toilets are great but expensive. Costs of septic waste disposal can vary depending on location and soil type. Where sewerage exists the council may require you to connect. Check at the council about what is required and ask about likely costs.

Pressure Loss in Pipelines

As water flows through any pipe, friction from the water rubbing on the walls of the pipe slows the water down, resulting in a loss of pressure. When I put in the pipeline from our well I used 25



Neil Padbury in his extensive vegie garden.

millimetre polypipe to reduce cost. The resulting pressure loss in such a long, small diameter pipe means only one tap can be used at a time if good pressure is to be maintained.

If you don't believe that such a loss is possible try an experiment for yourself. Turn a tap on full and time how long it takes to fill a bucket. Now connect a hose to the tap and try again. Finally connect all the hose you can find to the tap so that the water has to travel through say 50 or 100 metres of hose. Now try filling the bucket. It takes ages to get your 10 litres through a long, narrow pipe. Try some sprinklers on the end of your extra long pipeline. Many won't work properly because the pressure is now so low. If I had known what I know now I would have invested the extra money and used larger pipe, say 50 millimetres, to give a better supply with better pressure. The alternative will be to put in a tank on the hill near the house. Water from the well can trickle into the tank from the smaller pipe and keep it full. The house supply will then be through a shorter length of larger diameter pipe and should be able to supply greater volume at better pressure. The cost of a tank will undoubtedly be higher than the original cost of larger pipe.

Maintaining Tracks

Our house site is in a lovely place. An elevated site gives great views. Three hundred metres from the road gives peace and seclusion, but it also brings the headache of maintaining the access track. To maintain the track in reasonable condition we need to grade it at least once each year at a cost of about \$60 to \$80. Leaving it longer than this sees the potholes and wheel ruts develop into massive problems requiring longer and more costly earthmoving to fix.

Rain and runoff from the surrounding hillside are collected by the track. During heavy rain the track can become a torrent. Erosion is incredible in such conditions. Every passing tyre contributes to the eroding of the track.

My advice for those developing a new block would be:

- Keep tracks as short as possible
- Avoid long slopes in a track. Try to design your track so that it undulates even when going up a hill. Short lengths of down slope in a long uphill slope will prevent runoff water from gathering pace and will help to reduce erosion.



Soil Types and Fertility

When we bought our place we knew nothing of soil. We purchased because of location and availability of water. It turns out that our soil is decomposed granite and very sandy. Drainage is incredible and it cultivates well but the soil has very low natural fertility and needs large inputs of fertiliser to build up the fertility and maintain it at a level that will grow decent pasture and crops. Much higher fertility is needed to grow decent vegetables. Acidity is also very high and we have begun an extensive and costly programme of applying lime and dolomite to counteract this imbalance. A knowledge of soil types can help buyers understand some of the problems and benefits they are likely to encounter with any particular soil type.

Obtaining Livestock

My original poultry flock was started with birds purchased from backyard breeders and gifts of unwanted birds from friends. It seems that each new bird brought another different disease onto the property. As a consequence, as the flock began growing, avian epidemics became more and more common.

Choose your initial poultry carefully. Buy from reputable breeders. Politely, but firmly, decline offers of gifts from well meaning friends unless you know what to look for and the possible consequences. The same advice applies to all livestock. A cheap flock of goats introduced footrot to our place and has cost us a lot of time, effort and money to control and eradicate. Calves with coccidiosis. The list goes on . . .

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FAMILY WINTER FUN

by Sherryn Savage, Currambine, WA.

Children get just as much fun, and often more educational value, from simple homemade games as from expensive bought ones. The game maker, whether it be a parent or an older sibling, can individualise games by using pictures relevant to the young recipient's interests. Jigsaws, for example, can be made from a child's birthday cards or own drawings. Photos and names of family members or pets can be incorporated in card games such as Match Me.

With winter closing in and outdoor activities at a minimum, why not spend some cosy time by the fire making and playing the following games?

MATCH ME

Materials Required

- 1 large sheet cardboard
- coloured pencils or textas
- scissors
- pencil
- ruler

To Make Up

Take the cardboard and, using a pencil and ruler, mark out 50 rectangular shapes (approx 6 x 8 cm) as in photo 1.

Cut along all the lines and you will end up with 50 cards. Take 25 of the cards and draw something different on each card. Now take the remaining cards, copy each one so that you end up with 25 pairs that match as in photo 2.

How To Play

Shuffle up all the cards and spread out face down on the floor.

Taking turns, pick up and turn over two of the cards. If they don't match, turn them both face down again and try



Bradley and Amy playing with a homemade jigsaw puzzle.

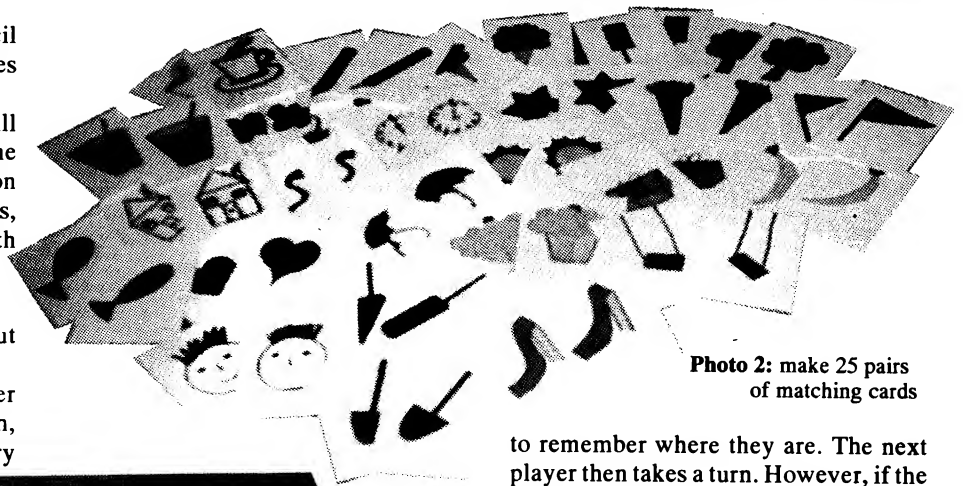


Photo 2: make 25 pairs of matching cards

to remember where they are. The next player then takes a turn. However, if the two cards do match, place them both in front of you and have another turn.

Once all of the cards have been collected, each player counts up the cards in front of them. The player with the most cards is the winner.

UPSTAIRS/DOWNSTAIRS

Materials Required

- 1 sheet of cardboard (42 x 42 cm)
- pencil
- letter stencils
- ruler
- textas
- coloured pencils

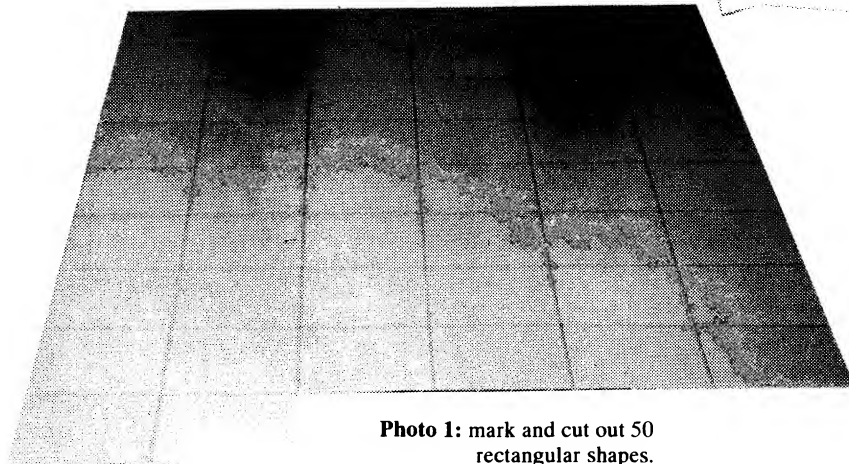


Photo 1: mark and cut out 50 rectangular shapes.

- dice
- plastic counters

To Make Up

Begin by marking out the cardboard as in photo 3. The squares are 4 x 4cm and the border is 1 cm all around.

Using your stencils, write upstairs/downstairs on the middle two lines of the boards. Draw sets of stairs at random on the board. The stairs can be different lengths but make sure they begin and end in the centre of a square. Refer photo 4.

Now colour in 'upstairs' green and 'downstairs' red. Colour half of the stairs green and the other half red. Also colour in the border.

Number the board from 1 to 100 beginning at the bottom left-hand corner and then colour in all of the odd numbered squares.

Your game is now complete and should look something like photo 5.

How To Play

Each player in turn rolls the dice and moves forward the number of squares indicated. If a player lands at the foot of any of the green sets of stairs, he may move to the top and await his next turn. However, should a player land at the top of any of the red sets of stairs he must make his way down them and await his next turn.

The first player to reach 100 is declared the winner.

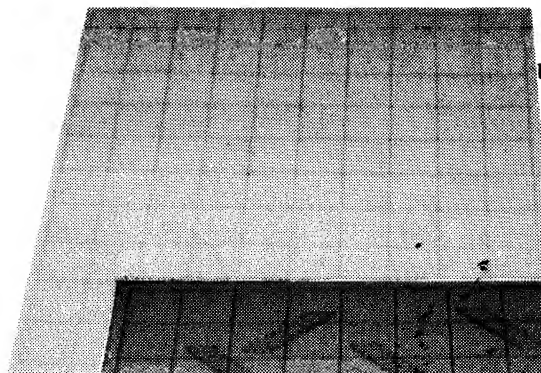
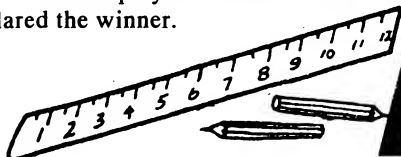


Photo 3:
mark out squares and border, then boldly write Upstairs/Downstairs on middle two lines.

Photo4:
draw sets of stairs randomly over the board and colour.

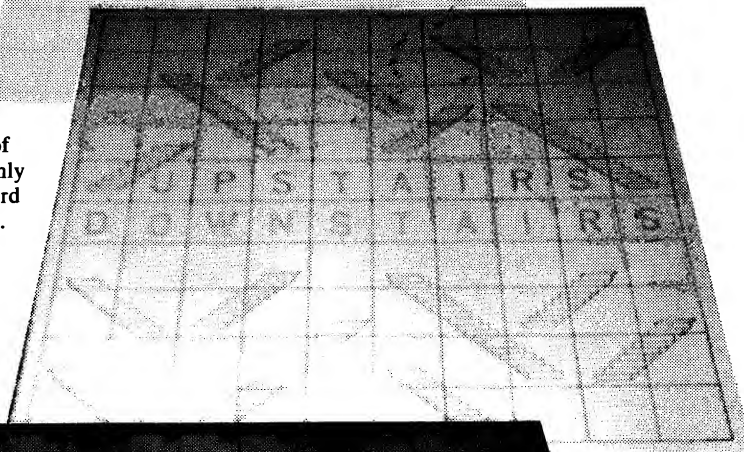
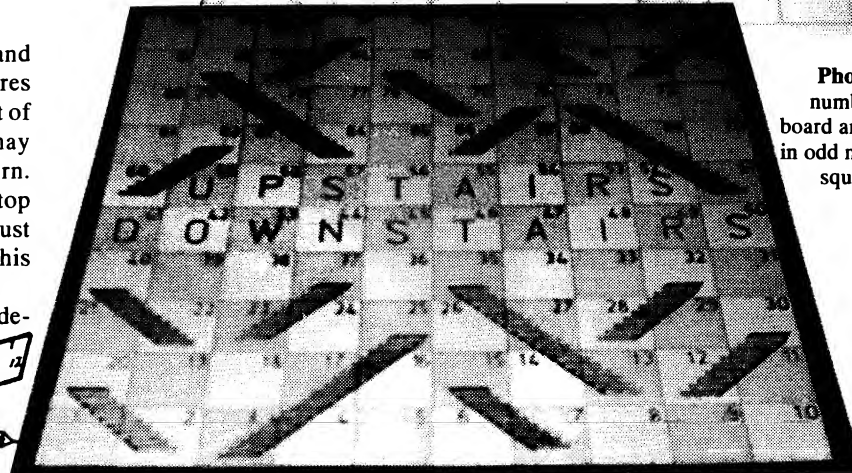


Photo 5:
number the board and colour in odd numbered squares.



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HOMEMADE WINE

CHOOSING THE INGREDIENTS

by John Walters, Albany, WA.

We are fortunate, here in Australia, to have access to a wide choice of seasonal fruits and vegetables that are reasonably priced and easily obtainable. This is wonderful for home wine makers as these, along with flowers, herbs and grains, are the main ingredients on which the wines are based. The acid content of the wine, the sugars used, and the additives, all correctly apportioned, are other elements of an acceptable wine.

MAIN INGREDIENTS

Fruit

Fruit must be ripe, firm and unflawed. I must mention one exception to this rule and that is in making banana wine. My wife, Iris, makes the best banana wine you've ever tasted. That it is a good wine is testified to by the number of awards she has won with it at various shows. She lets the bananas go black, almost to a pulp, uses no nutrient and simply adds water and sugar with the yeast—would you believe baker's yeast! It's similar to the one in GR 119, page 29, except that the bananas are left till the skins turn black, then the fruit is squeezed into a muslin bag before being boiled. The yeast used is a good baker's yeast: one teaspoonful. No yeast nutrient is used.

The fruit should always be rinsed in lukewarm water before use, to remove any spray residue that might be present. If using citrus fruits, wash in hot water to remove the wax that is always present on the skin of this type of fruit.

Acid

It is important to ensure that you have the correct acidity level. A correct acid level gives brilliance and fresh taste. All fruits have varying amounts of acid content; not so vegetables, grains and flowers. All wines should fall within the range of 3.0 – 3.4 pH. Modern kits are available to enable the amateur to get the correct acid level for the wine being made. Some of these kits even have test equipment for starch and pectin, but more of that in a later article. If the acid content is too high, reduce it by using Gervin Varietal D. (See article in GR 199, pg 18).

Vegetables

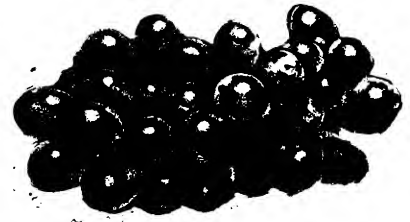
Popular vegetables for wine making are rhubarb and parsnip. Our sixteenth century ancestors made parsnip wine for its medicinal qualities as a laxative. Parsnip wine, like rhubarb, is prone to a starch haze. This can be corrected by using the methods of preparation found in my book *Cheers! Homemade Wines and Home Brewed Beers*.

Grains

Wheat, barley and the like can make very good wines, but with a pretty potent alcohol content. They also have a high starch content which can often be reduced by using a lower alcohol-producing yeast. Great care must be taken to avoid the starch haze. This is particularly prevalent with grain wines. Amylase, obtainable at your home brew store, is often the answer.

Flowers

When correctly brewed, flower wines are beautiful. To me there is nothing like the smell of a rose in a red rose wine. However, that is about all the rose



petals contribute, the perfume. The must should be prepared with the yeast, water and nutrient made up as a separate entity.

Herbs

Apart from mint and parsley, which make good wines, herbs are used in varying quantities for flavouring, particularly in the mead wines.

Mystery Ingredient

There is one very necessary ingredient that is required when you are making your own brew. It cannot be bought at any store or supermarket, but must be carefully nurtured by the winemaker: patience.

Recommended Reading

Cheers! Homemade Wine and Home Brewed Beers, John Walters. Available from the author for \$18.50 incl p&p. John Walters, 6 McLeod St, Albany 6330.

COUNTRY OF ORIGIN LABELLING

All packaged food and some unpackaged food, such as fruit, vegetables, fish, ham and bacon and nuts, sold in Australia must be labelled with their country or countries of origin. Labels claiming Australian origin would be subject to a three-tier system, under proposed amendments to the Food Standards Code.

Product of Australia

'All ingredients are Australian and all processing takes place in Australia'.

To use the term 'Product of Australia', essentially, all ingredients must be Australian and all processing must have taken place in Australia.

Made in Australia

'The essential character of the food must be obtained in Australia'

To use the term 'Made in Australia' without qualification, the food must have obtained its essential character in Australia and all major imported ingredients must be declared truthfully. For

example,

'Made in Australia from Australian and imported ingredients' means that more than 50% of ingredients are Australian.

'Made in Australia from imported and Australian ingredients' means that at least one major ingredient is Australian. And

'Made in Australia from imported ingredients' means that all major ingredients are imported.

Packed/Blended/Cured/Smoked etc in Australia from Imported...

'Food which has some Australian input even though the ingredients may be all imported'.

To use any of these terms the food must have some Australian input. The Australian character or process must be declared as well as the nature of the imported ingredients. For example, 'squeezed in Australia from USA oranges'.

SITE PREPARATION

A Ripping Yarn

by Steve Burke

Ripping of the site prior to planting is a common recommendation for many tree establishment projects. Ripping is a form of soil tillage which uses a large (usually single) tyne to disturb the soil profile to a greater depth than achieved through normal cultivation. If well done, ripping of the soil prior to planting can provide considerable benefits to developing seedlings. On the other hand, a poor ripping job can provide minimal benefits or even worse, actually be harmful to the seedlings. This article outlines the principles of ripping as well as some of its potential benefits and pitfalls.

IS IT NECESSARY?

Trees have been establishing themselves quite happily without ripping for thousands of years, so is it really necessary? Well, on many sites, ripping isn't absolutely essential; it simply makes planting easier, increases survival percentages and improves growth rate. However, on some sites, for example those that have been heavily compacted by machinery, seedling establishment can be difficult without ripping.

Ripping can benefit tree growth on many sites. Some notable exceptions, however, are cracking clays, where ripping causes deep cracks to develop along the riplines which can expose tree roots, and deep, structureless sandy soils upon which ripping has virtually no effect.

WHAT ARE THE BENEFITS?

Developing tree roots will tend to follow the line of least resistance. This means that on shallow soils with a hard, impeding layer underneath, tree roots will tend to grow laterally rather than downwards. Ripping enables tree roots to penetrate more deeply than would otherwise be possible. By being better anchored, trees will be more stable and less susceptible to wind throw. The growth of a tree can be limited by the volume of soil it can exploit. By increasing this, trees in ripped lines can grow to a larger size.

Another advantage of ripping, particularly on dry sites, is that if done

sufficiently before planting, a reservoir of moisture accumulates in the ripline which becomes available to the tree roots as they develop. Also, on many difficult sites, the soil disturbance created makes planting easier.

HOW DEEP DO I NEED TO RIP?

It is generally considered that 30 centimetres is the minimum depth for obtaining useful benefits from ripping. A depth of 30-40 centimetres can generally be achieved by tractor or bulldozer. It is sometimes possible to rip more deeply with small machinery by ripping the line twice. Large bulldozers can generally rip to a depth of 60 - 100 centimetres.

SOIL SHATTERING

Aim to rip well before planting when the soil is dry, usually in the autumn or late summer. The reason for ripping at this time is to shatter and fracture the dry subsoil creating lines of weakness in three dimensions. Frequently, planting is made easier by consolidating the uneven, loose surface with a tractor wheel after ripping. Ripping when the soil profile is wet often creates minimal shattering because the tyne just slices through the soil profile. In situations such as this, tree roots will only develop in two dimensions along the ripline, which can seriously affect tree growth and, in particular, stability. Toppling of trees in single ripped lines where there has been minimal shattering is commonly seen.

The soil shattering effect can be increased by double ripping about 60 centimetres apart. In this case, it is best to plant between the riplines. Winged ripping tynes are also available which increase soil shattering. On flat terrain it can also be beneficial to cross-rip and plant near the intersections.

SOIL INVERSION

The aim of ripping is to disturb, but not invert the soil profile. Some ripping tynes, however, can tend to bring up clay and other infertile subsoil from

below. This can hinder plant growth and be a real problem for direct seeding where a receptive surface is essential. The angle of the ripping tyne and the profile of its leading edge can influence this.

WHERE TO PLANT

It is generally not recommended to plant right in the centre of the ripline. Planting beside the ripline can avoid problems that can occur with water-logging on wet sites, where the ripline has not properly consolidated, and where the degree of soil shattering has been insufficient. Seedlings planted 30 centimetres or so to one side of the ripline will still exploit the shattered soil profile beneath.

SOME ALTERNATIVES TO RIPPING

Ripping is not possible or practical on every site. Some viable alternatives exist for sites where access is limited, or where rocks or other obstacles make ripping difficult.

When planting a small number of trees, a crowbar can be used to loosen a small square area to a suitable depth prior to planting. Air cannons, which send pneumatic air shocks into the soil profile from a probe are used to aerate compacted soil and may have application to tree planting.

Post hole borers are generally not recommended for tree planting because they produce little shattering and the compacted, glazed walls of the hole restrict root development and, by impeding drainage, can kill the tree through waterlogging. A special auger developed by the CSIRO avoids these problems through the action of small tynes which roughen the walls of the hole.

Steve Burke is Rural Manager with Greening Australia in Victoria.

Reprinted from *Trees and Natural Resources*, June '93, a publication of the Natural Resources Conservation League of Victoria. Subscription is \$25.50 per year. For all enquiries contact: Felicity Rendle (editor), Trees and Natural Resources, 593 Springvale Rd, Springvale South (PO Box 105) 3172. Ph: 03-9546-9744.

WETTING THE ROOF

by Susan Hands, Innisfail, Qld.

Over the last few issues Susan Hands has shared with us the experiences of herself and Howard as they built their retirement home. In this issue she describes the completion of the building.

On the 21st of May we purchased the roof sheeting which we then had delivered to our block. To get the sheets up onto the roof Howard and I leant them, a sheet at a time, against the lower end of the roof then Howard climbed onto the roof and proceeded to pull each sheet up with me guiding the bottom end as far as my arms could reach.

Just to keep us reminded that we lived in the wet tropics it rained lightly up until three in the afternoon, by which time, thank goodness, we had the sheets all down and lightly screwed, then the heavens really opened and the rain came down in the bucketful. As Howard said, 'All builders believe in wetting the roof, we just did ours in style'.

It continued to rain all the next day, however we could now work undercover. This we did as we set about nailing up fibro on the walls. By the end of the

next weekend I was so good at nailing I could do a bottom right-hand corner bending over with my back against the wall, hammering the nails between my legs – without bending the nails.

After we'd nailed all the inside fibro in place, Howard then measured up for the windows and doors. These were to be sliding glass with screens, as the insects in the wet tropics on the border of a national park are something to be seen. The cost of windows and doors came to approximately \$2000. After this our next large financial layout was in wiring the house and connecting electricity. This could not be avoided as it is compulsory to employ a Gold Card tradesperson. No signed electrician's form and no house permit!

On the 12th of June we purchased a septic tank and other fittings to do our drainage. In this instance we were lucky

enough to obtain the help of a neighbour with a backhoe. He dug the hole and used the backhoe to lower the tank in place, however we had to backfill all the trenches with the coarse gravel required by the Health Department, without the aid of the backhoe. The degree of difficulty in shovelling that coarse gravel has got to be akin to nailing in right-hand corners. Every time you try and slip the shovel through the stuff, the shovel bogs on one or other of the large metal stones. Anyway, like everything else unpleasant, the job still had to be completed.

By the 6th of July we were ready to install our reticulated water. We already had the 9000 litre galvanised tank which cost \$810 and a small pump which cost \$304, so all we needed now was connection pipe for the kitchen, bathroom and downstairs. We found that housing the

Right: Time for a break from nailing up ceilings – the least favourite building chore.



Left: All finished.
The work was worth it once we could relax on the verandah and enjoy the peace.

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A neighbour with a backhoe dug the hole for the septic tank and helped lower it in.

washing machine in the bathroom was so successful that it is still there four years later. Also there were the taps for the above-mentioned areas. We were lucky enough to buy a lot of this plumbing equipment at a garage sale.

With the inside walls up, the windows and doors in place, electricity, water and sewerage connected, the house looked livable. Howard said, 'We'll just put in the insulation and ceiling. It would be far better to do that while the house is empty. And it would certainly make it more livable'.

Don't for one moment think I didn't enjoy building our Retirement House for I most certainly did, and I like it now when I can sit on my verandah and look across the valley at nothing but trees and hills.

Still, I wouldn't recommend nailing up ceilings to anyone. I have to admit though, most of the time I held the broom over Howard as he nailed. Sounds good doesn't it? What I mean is, I used this broom to hold up one end of the fibro while Howard held the other end and nailed.

Some corners proved to be impossible for us to nail so we glued them. I hereby disclose the secret: Hand's Patented Method of fixing glued ceilings.

- Step 1 – screw in a number of screws.
- Step 2 – apply glue to sheet of fibro.
- Step 3 – pull down on to cornice.
- Step 4 – attach heavy object to screw.
- Step 5 – refrain from walking under.

On the 25th of July we moved into Our Retirement House. Naturally, it rained all day.

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TRACTOR SAFETY

by John Elliot, Box Hill North, Vic.

Most of us, somewhere down the track, will own or operate a tractor. The name incidentally comes from the Latin *trahere* – to draw. Tractors are good at drawing, they will pull trailers, ploughs and logs with gusto. They also obey the laws of physics with equal enthusiasm and total disregard for their own well-being, much less that of their operators or standers by. This means you have to do the thinking.

Hitch your chain or cable low. The higher a chain is hitched, the more tendency there is for the tractor to lift its front wheels. Always use the drawbar or the manufacturer's mounting points to attach equipment. Do not alter, raise or modify the height of the drawbar. Never hitch above the centre line of the rear axle, around the axle housing, or to the top link pin.

Do not position a tractor on bitumen to tow a heavy load, such as a bogged truck or other tractor. The torque is so great and the traction so good that should the bogged vehicle not move, the tractor can only backflip. It is estimated a tractor will backflip in half a second in fourth gear and around one and a third seconds in first. Your average reaction time is three-quarters of a second.

Keep children away. Most of us do this while the tractor is in operation, but think of some of the hazards of stationary tractors:

- Hydraulic linkages are often not returned to ground level. One of these three-point linkages suddenly dropping could kill or badly injure a child by its own weight, much more with a carryall or slasher attached. Pulling and pushing levers is a fun game for children.
- Tractor components are heavy. A rear wheel with its water ballast is easily over 100 kilos, more in large units. One of these propped against the tractor or shed wall is a real danger.
- People under the age of 18 are not allowed to drive a tractor, unless adequately instructed or supervised. A per-

mit is required in Victoria to allow a 16 year old to drive a tractor on the road between farms on genuine farming business. Check your own state requirements.

- Never leave a tractor running unattended.
- Do not leave the keys in the machine. Devise some lock if children are present and the unit is not lockable normally.
- Keep children away from a jacked-up tractor.

If your tractor does not have rollover protection, have it installed. The major cause of tractor deaths are rollovers or backflips. Surprisingly, over half these accidents occur on flat or slightly sloping ground.

Wear close-fitting clothing if you have a power take off in operation. Loose clothing can become entangled in a shaft that is badly shielded or not shielded at all. Straps on overalls are a danger in this situation.

Use hearing protection, particularly when operating noisy equipment.

Take extra care on slopes and hill-sides. Reduce speed to a minimum in these conditions, as speed is a contributing factor to rollovers. Reduce speed before turning or applying the brakes. Use the engine's compression as a brake to assist in descending slopes, by engaging low gear. (Be cautious if your tractor has a multipower transmission as some of these do not allow engine braking.) Lock your turning brakes together before working on hills or travelling on roads. If you are working on a stack, back up the slope.

Make sure you always chock the other wheels before jacking. You will always place blocks under the machine in addition to the jack, won't you? And use a wide-based jack of adequate capacity?

Please don't do silly things like overloading or trying to lift an unstable load. Never operate a three-point linkage while standing between the tractor and

the linkage implement. Do not get between an implement and a reversing tractor.

Beware of tree branches. Dead branches on trees can fall if the tree is moved or bumped. The rollover protection in most cases is not complete protection from falling branches. Low branches can injure you or sweep you from the seat into the path of a trailed implement.

Keep your cables and chains in good condition. Store them properly when they are not in use. Remember a chain is more likely to snap when jerked; release the clutch slowly and evenly.

Always, but always, check the tractor is in neutral and the parking brake on before starting. Always operate an electric start from the driving position. Don't apply jump leads directly to the starter motor. Double check for safety before crank-starting a tractor.

A tractor is a great tool, and like all tools must be treated with respect, and maintained correctly. ☼

WOODY THYME?

When plants like thyme and rosemary become woody, dig them up then make the hole larger and deeper. Replant the plant and fill it in so that the new growth is level with the garden bed and the woody growth is now underground.

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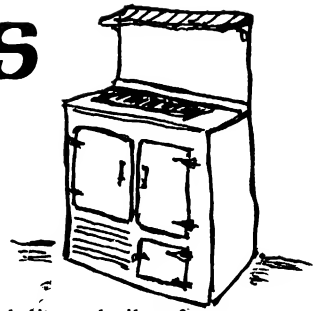
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WOOD STOVES

by John Mount, Woodford, Qld.



When using a wood stove it is necessary to ensure that it is clean both inside and out. Unless thoroughly cleaned and properly maintained the stove can never operate at its maximum efficiency.

TIMBER FUELS

Other factors which influence the stove's efficiency are the length and diameter of the flue or chimney and the many types of timber fuel that are readily available. Remember, some timbers are treated with chemicals such as CCA (copper-chromium-arsenic) that give off toxic fumes when burnt. Also pine off-cuts when burnt leave a tarry residue which will quickly clog up the stove.

Green unseasoned timber not only contains creosote and other flammable residues, it also contains a great deal of moisture which prevents ignition. When finally expelled by heat the moisture will develop rust in the flue and stove.

Dead and dropped branches burn well. A good rule of thumb is to use only dry seasoned timber that chops easily.

STOVES AND STOVES

Cast Iron is the traditional metal used in wood stoves and is still considered the best. It rarely bends or warps and easily conducts heat throughout. Cast iron stoves usually last for many years.

Sheet Metal is the next best material and is often used in conjunction with cast iron to make a serviceable stove. The sheet metal will warp and crack, but is easily replaced.

Cast Aluminium conducts heat very quickly and will easily burn you if you are not careful.

Porcelain presents an attractive finish.

Baked Enamel Paint deteriorates rapidly.

Chrome will discolour from heat but can be renewed.


LOOKING GOOD

A homemade black stove paint that was popular back in the 1960s consisted of taking a suitable amount of plumbago powder (graphite) and mixing it with

enough linseed oil to form a paste thin enough to paint with.

The stove is first rubbed all over with a steel brush and wiped down with a damp cloth. It is then warmed up to a temperature that will allow a bare hand to be placed on it without discomfort. The paint is then applied liberally with a brush or clean rag. The dark metal parts of the stove are painted, starting from the legs upwards. When complete, the stove presents a very attractive appearance. If the metalwork is a little worse for wear an extra coat or two might be necessary.

Those very high temperature auto engine paints purchased from supermarkets and auto accessory shops are being tried on wood stoves, but there has been no feedback on the success or failure of the trials at present.



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COASTCARE

Coastlines around Australia are suffering from the effects of growing populations, litter, industrial pollutants, environmental weeds and sand dune erosion. There is, however, some good news emerging from all this gloom. A new community movement is afoot to redress much of the damage. Already about 700 groups are working co-operatively with relevant levels of government on coastline repair. Projects include revegetation of sand dunes and coastal forest, restoration of wetlands, control of weeds and feral animals and construction of walkways and viewing platforms.

Coastcare groups are also helping to educate commercial and recreational users of marine environments about the damage being done and how to avoid it.

To find out if there is a Coastcare group near you that you can join, or how to go about starting one if you feel there is a need in your area you can ring the information line on: 1800-151-105.

LIFE CYCLE ASSESSMENT

Any material or product has an impact on the environment. Life Cycle Assessment (LCA) is a method of measuring this impact from the time a material is taken from the earth, manufactured, transported, used, maintained, to when it is finally disposed of or recycled. There are often hidden environmental costs incurred in the manufacture of a product. These may be, for example, pollutants produced during the manufacturing process which have a later clean-up cost, or health effects; or, the costs and pollution effects of the energy used during manufacture.

LCA work in Australia has been concentrating on working out the environmental costs of various materials proposed for use in the construction of buildings for the Olympic Games in Sydney. Private industry has also begun to use some LCA techniques to assess more accurately the environmental impact of operations.

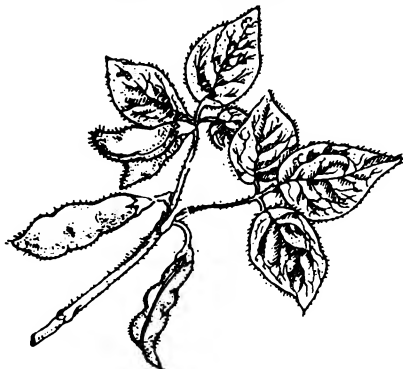
ORCHID SURVIVAL

The Great Western Plains Grassland once covered ten percent of Victoria; it now covers about 0.2 percent. Of this remnant, all that remains of the known

habitat of the small golden moths orchid is 100 hectares. There are estimated to be approximately 200 plants remaining. The land, which has been declared crucial to the orchid's survival, is privately owned and has already been subdivided. Earthmoving and other development is being carried out on the site, despite the fact that there is an ongoing environmental survey in progress. Speedy action is essential if the orchid's habitat is to be preserved.

For more information contact Maureen Edwards: 03-9311-8698, or, Michael Rae: 03-9853-7244.

To hasten action at a government level, contact your local member of parliament, or the Minister for Conservation and Land Management, Marie Tehan, Floor 8/240 Victoria Pde, East Melbourne 3002.



GENETICALLY ENGINEERED SOYA BEAN

Products containing a genetically engineered soya bean will soon be available in supermarkets. Under current legislation these products will not be labelled to enable consumers to choose whether or not they wish to purchase them. You might think that if you don't directly consume soya products this does not concern you. Think again. About 60 percent of all processed foods, from breads to ice creams to infant formulas contain soy products.

The Roundup Ready Soybean was developed by Monsanto to make the plant resistant to high concentration applications of the herbicide Roundup. Not only will higher concentrations of this chemical be entering the environment, it is unknown what effect the higher doses of herbicide will have on the end products. Monsanto, which sells both seeds and chemical, has requested Australian authorities to allow a two hundred-fold increase in the maximum

residue level for Roundup in soya beans, from 0.1 mg/kg to 20 mg/kg.

From April this year the Dutch government will require the labelling of all products containing the genetically engineered bean. If you would like to see similar legislation fast-tracked in Australia the person to contact is: Senator Bob Woods, Parliament House, Canberra 2600. Ph:06-277-3490, fax:06-277-3577.

RECYCLING HOTLINE

The Australian Conservation Foundation is establishing a Victorian Recycling Hotline service to provide callers with access to information about waste reduction and re-use and recycling. A computer data base is being developed to house information about existing services, including those provided by each council in Victoria.

The service will include a waste exchange, whereby materials with no immediate re-use or recycling capability can be listed and hotline staff will actively seek a possible exchange of listed material. The service is expected to be operational some time in March.

AUSTRALIAN ARSENIC DEVELOPMENT

Many areas worldwide experience problems with arsenic pollution of groundwater. The arsenic may be naturally occurring or an unwanted byproduct of the mining industry. In India, for example, over 200,000 people are chronically poisoned each year by arsenic which occurs naturally in groundwater. Concern about cancer risks has caused the World Health Organisation to reduce the 'safe' limit for arsenic in drinking water from 50 to 10 parts per billion.

An Australian developed process of extracting arsenic from water using sunlight and air has been demonstrated in America and is expected to be used worldwide to treat contaminated water for domestic and agricultural use and by the mining and metal manufacturing industries to treat arsenic wastes.

The process uses ultraviolet light from sunlight to increase by 10,000 times the natural conversion from the highly toxic form of arsenic known as arsenic (III) to the less harmful and insoluble arsenic (V). The arsenic (V) can then be safely stored in cement or landfill sites.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

HORSE FLY BITES

I work on a voluntary basis for Riding for the Disabled (RDA) Ryde Group in Sydney. We own and maintain six horses which are used for recreational and therapeutic riding for people with a disability. Just over 12 months ago we acquired a 16 year old, 14.2 hands palomino gelding who has a lot of problems resulting from fly bites on his legs. His previous one and only owner and he, lived on the outskirts of Sydney where she was able to bandage his legs each day and remove them each night. Our horses are kept at the Royal Rehabilitation Hospital at Ryde and as none of our volunteer workers live on site, we are unable to continue this practice. Because his two front legs (which are white) end up becoming covered in sores as a result of the bites, we have to keep travelling-type leg wraps on all the time except when he is being worked (which is each morning, five days a week), when they are removed and Repel-X is sprayed on him. This is not really a satisfactory system as I'm sure in the summer months he must feel hot as a result of his legs, from below his knee to above his fetlock, being encased in wraps. We have Pat Coleby's book, *Natural Horse Care*, and over the last few months have been giving him sulphur at the rate of one dessertspoon per day... is this enough? I don't think there has been much, if any, improvement in his situation. The sulphur, we buy in bulk from the produce store. I also read (in GR 117) that garlic could be used as a deterrent to external parasites, but in what quantity and should it be fresh? We would dearly love to solve Omar's problem because in doing so, we could make life somewhat more pleasant for our other five horses who suffer annoyance from the flies but not the damage as happens to Omar.

**Lyn Lazarus,
ERMINGTON 2115.**

Dear Lyn,
Unfortunately your letter does not say what you are feeding to this horse, except the dessertspoon of sulphur, which is half what he should be getting anyway. In the newest edition of the horse book I did put a note on the

effects of feeding molasses or any other sweetener to stock. Work recently done in the USA has shown that biting insects, whatever kind, only like a host with sugar in its blood, caused by too rich feed and not enough sulphur, and you do mention that the flies are bad on the other horses as well. The quarter horse mentioned below is a very thin-skinned chestnut, unrugged, and he does not have a fly anywhere near him; there are plenty about as it is very humid at present.

I need to know exactly what you are feeding, what kind of hay, how you make up their ration in which you (presumably) put the dolomite, sulphur and copper sulphate. Seaweed should be left where the horses can help themselves, more than they need (or want) can also upset the system. Do not leave out any item in the list please if you write. See below for recommended diet, you do not need to add any grain to this, and horses can get quite silly if you feed too much of it. I feed a twenty-two year old 15 hh quarter horse $\frac{3}{4}$ of a litre measure per day plus grass hay. He is somewhere near stupid on that and I would suggest half a litre measure of feed for your horses and quarter measure for the small ponies. They can have half the quantity of dolomite and sulphur. This is a very cheap and effective way of feeding. You do not want your ponies and horses silly. I do help a lot of RDA places with diet and no complaints up to date.

The health of the paddock where the horse grazes and the type of grasses on it is also relevant, native or English grasses, no African except Rhodes or Flinders – the only two which are not toxic – and about 30% legumes (maximum).

Pat Coleby.

BASIC FEED FOR HORSES by Pat Coleby

Equal parts (buy bulk):

- oaten chaff,
- lucerne chaff,
- best racehorse bran if possible

Add rolled or soaked barley, bruised or whole oats if and when required.

Add minerals as follows:

- 1 tbsp dolomite per feed
- 1 tbsp yellow dusting sulphur per day
- seaweed ad lib if possible or a tablespoon per day for thoroughbreds, less for others
- $\frac{1}{2}$ tsp copper sulphate per day
- 1 tbsp cod-liver oil per week

The coarsest unrefined salt or rock salt should always be available – never put it in the feed.

Do not feed any other additives with the above.

Feeds should be dampened with water and cider vinegar. The copper sulphate can be dissolved with the cider vinegar and added

warm water for this.

Fresh uncontaminated water should be available at all times.

ITCHY DOG CURE

To those readers who have dogs with summer itch: My little dog has had it for six summers but recently I met a lady who grooms dogs and she told me to try a bottle of Quit Itch. It is about \$9 or \$10 at pet shops. After about three weeks of applying it to her wherever she had trouble and bathing her once a week with Sunlight Soap she looks a great deal better. I never liked any of the mixtures offered by the vets – some sounded mighty dangerous to handle so what do they do to the dogs when it soaks in?

**Sylvie Mackintosh,
KANGAROO VALLEY 2577.**



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FEEDBACK LINK-UP FEEDBACK

Dear GR,

Does anyone have a **PATTERN FOR SOCKS**? I am trying to learn as much as I can about wild foods, not necessarily native. I have learnt some surprising things, such as that the buds of certain broom bushes can be eaten as capers. Collect young buttercup shoots in spring, boil well before eating, also a cure for shingles which I have tried. I am interested in finding a well-illustrated book on **EDIBLE SEaweeds**. Can anyone help?

V Watt,
C/- PO MAYDNA 7140.

Young seeds of nasturtiums can also be pickled as capers.

Dear Megg and Mary,

Firstly, I am sure many people have trouble **STARTING SMALL CAPACITY TWO-STROKE ENGINES**. I certainly have but recently, after getting the whipper snipper professionally serviced, the engineer who did the job gave me a very useful tip which Greg Baker omitted from his article about trouble-shooting chainsaw engines. I did not know that adding oil to the petrol to make two-stroke mixture leads to deterioration of the fuel during storage. The effect of the lubricating oil is to cause the most volatile component to evaporate and the liquid quickly becomes stale. Without these 'high notes' the spirit does not ignite as easily. The engineer told me to use unleaded petrol and mix only sufficient for my immediate needs each time I used my two-stroke machines. Now I mix a litre at a time and there is certainly a difference, saving both time and temper.

Secondly, regarding enquiries concerning those afflicted with cancer. I am sure there is a great deal of folklore related to the benefits of organic products in alleviating the effects of these diseases. A colleague of mine underwent mastectomy some years ago and was advised by her professional practitioner to include almonds in her diet. The instructions were most specific. The almonds must have been stored unshelled and be eaten with their outer (brown) skin. Removing them from their shells promotes oxidation of the oils in the kernels, so destroying some of their nutritional value.

However, she informed me that the entire nut contained a rare element in minute quantities which would not normally be part of our diet. This element is **SELENIUM**. It is believed, so I understand, that selenium has beneficial effects in promoting the destruction of cancerous cells. She would eat ten almonds with her lunch. I presume this is a kind of natural chemotherapy.

A further point related to health is that our diet includes **POTASSIUM**, an essential element which has several natural isotopes. One of these isotopes, potassium 40, is radioactive and has a natural abundance of 0.0118%, equal to one hundred and eighteen parts per million. A long time ago I read that each human body contained insufficient potassium for this to be a health hazard. However, when two people slept together the additional exposure to a double dose of radioactivity, as it were, was sufficient to mitigate the onset of cancer cells in their bodies. I am not sure if this is a true and tested medical fact or if it is just folklore. Other readers may know more.

I would like to know about the attitude of the Taxation Department to the **LETS** schemes outlined by Penny Ferguson. It sounds to me like an advanced form of bartering and there may be a tax revenue imposed on the value of such services. Is there an accountant or lawyer out there who would clarify this situation?

Kristina Richard (Derby) seems to have got it right! Given both water and warmth, her chook manure will ferment due to bacteria which thrive on the nitrogen. Put it well away from the house and when the fermentation dies down, dilute the residue by about a hundred to one, say one litre to twenty gallons. Pour it round the plants and mulch well. Two hundred litres should go a long way.

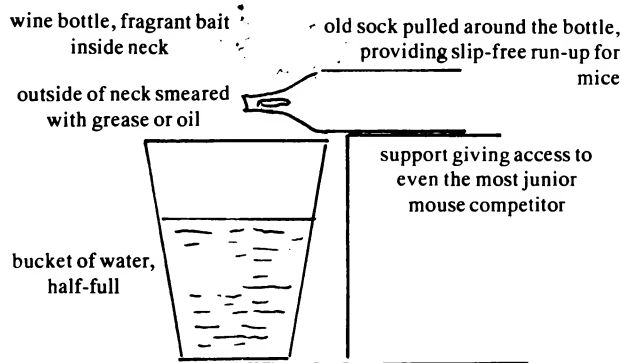
Lynette K of Coombendale should **TEACH HER MICE TO SWIM**! The diagram shows how to set up an Olympic class facility for these vermin. Three years ago we had mice in Redhill (SA). Snap traps, though effective, needed resetting hourly. Olive solved the problem with swimming pools and diving platforms. As a result, trees

in our native reserve were treated to dressings of organic matter on which they have since thrived. On a cold night it is as humane as poison but safe to other animals and it is effective.

Ivor Lewis,

77 Bowman St, REDHILL 5521.

Olympic Class Diving Facility for Athletic Mice



Rodent psychology dictates that mice will be unable to resist the lure of the aroma of old bacon, stale chicken fat and other delights. Investigating, they slide down the slippery neck and take a high dive.

Disposal is achieved by digging a hole in the ground and pouring the contents of the bucket into it. Plant a useful tree over each burial site.

Place these traps in strategic sites of major infestations and round the boundary of the property for effective eradication.

Dear GR and Readers,

We are relatively new to your great magazine and to the bush style of living and we love both. Our problem is the area we live in. We aren't that keen on the Gladstone smog or the ex-outlaws.

We would like to **RENT SOMEWHERE**, anywhere here in Queensland. What we are looking for is a 3 bedroom house with some land and a whole lot of privacy. We are willing to pay \$80-\$100 per week, so we still have a couple of dollars to save for our own slice of heaven.

If someone out there can help us, we would love to hear from you.

Sharon & Garry Barratt,
PO Box 7171, Kinkora, GLADSTONE 4680.

Dear GR Readers,

Thank you for a brilliant magazine. I'm after an article that appeared in a back copy. It was about a homemade donkey cart. I would like plans, and/or name and phone number of the person in the article. I need one made (smaller version) using solid mountain bike wheels, but not as long. I plan to pull the cart behind me on my walk around Australia. All ideas and information gratefully appreciated.

Andrew Dawson,
70 Crystal St, PETERSHAM 2049.

The article you refer to was in GR 103. Back copies are available for \$4.00 incl postage.

Dear GR & Readers,

My wife and I are currently looking at buying some land and building on it and that is where our dilemma starts. We are currently gathering as much information as we can on different kinds of dwellings and **YURTS** really do appeal, but we don't know anything about them. What we would like to know is just about everything about them. Are they easy to build? Are they energy efficient? Can they be insulated? Etc, etc. Any information at all would be great.

Scott & Mandy McLean,
17 Marlee Crt, WARRNAMBOOL 3280.

See GR 86, page 25, 'Yurting Ten Years On'.

FEEDBACK LINK-UP FEEDBACK

Dear Megg,

I am amazed! Back in 1982 – 1986, I was an avid reader of GR magazine (GR 31). I read everything from cover to cover, wrote in and asked advice from Feedback, and received about 40 letters from all over Australia.

Over the years since, my life has taken several different turns and twists and although I never lost my self-sufficiency ideals, circumstances pushed them into the background. I stopped buying the mags, slowly but surely all the addresses of my 40 'family penpals' got lost.

Last month, my new husband and I made a move from Taree to Wauchope, and lo and behold I found my dusty pile of GR mags. Each night I sat and reread them all from cover to cover once again. **MEMORIES FLOODED BACK.** I decided, very sheepishly, to ask the local newsagent if the magazine was still in print. Wow! I couldn't believe it – there you were! Now I'm back. I bought the copy and reread and reread again.

Now I'm wondering what happened to all those people back in 1982 – 1986? If any of you are out there, would you like to write and tell me what happened with your dreams and all those questions? What happened to Sunshine? What about Jose Robinson? Frank Povah? It doesn't seem possible you became like parts of my family and now I'm rediscovering you all. Anne Robertson, Russell Parker, where are you? In fact anyone who wrote and had a letter published in GR back then – I'd love to hear from you.

Congratulations Megg and David for still being there – the courage, determination, perspiration and just plain hard work that you've both put in (as well as your stalwart crew) is terrific. Looking forward to another 10 years of avid reading.

**Maureen Larter (was Malone),
168 High St, WAUCHOPE 2446.
Ph: 065-851-649.**

Dear GR,

I am writing to request readers in the **MARYBOROUGH REGION** in Queensland to write to me giving me information on that area. We are thinking of moving there when our house sells, as we have just been told our son has autism, so we need to be near services for him. We were hoping to move to our land near Gin Gin, but now it would be too isolated.

We would like to rent a house near the water. We have been informed the current rent for a three bedroom house near the water is \$120 per week. Is this correct? We would also like to know the opportunities for work in the area. Brett is a gardener/labourer. I would like to correspond with any other **PARENTS OF AUTISTIC CHILDREN** for mutual support.

**Lisa Cooper,
38 Branxton St, GRETA 2334.**

Dear GR Folks,

Sue Stevenson and Dave Launt, Kempsey (GR 116): your letter about **HONEY FOR HEALING** sounded familiar. Three years ago I got tropical ulcers from some feral friends. As I'm not into antibiotics and modern doctors too much, I struggled with remedies such as tea tree oil, calendula ointment, peroxide solution, aloe vera for a few months, but nothing got rid of the ulcerous sores and new ones kept appearing. One day I was gardening and I stood heavily on a rusty nail in an old fence paling. It went in deep. I normally go barefoot in the garden, still do. I was a little bit scared about 'losing my foot' to gangrene. Remembering that someone once used honey as a drawing agent to remove splinters, I grabbed a few large leaves of comfrey (*Symphytum officinale*) and headed for the kitchen. I applied about a half-teaspoon of honey (good quality) directly to the wound and 'bandaged' that thoroughly with the comfrey leaves. The next morning the wound was totally clean and closed up, with no redness. I was quite surprised and pleased, so I applied the same remedy to a tropical ulcer on my foot. Within a day it stopped weeping and cleaned up. I repeated the treatment twice a day (once a day as I became complacent)

on all of the ulcers for a week and that was the end of them. It was a delight to get rid of them naturally, and so simply, and I highly recommend the use of honey, and the comfrey leaves to keep it all together, for moderately serious wounds (using your common sense if in doubt!). As the comfrey leaves are rough and hairy, they grip themselves and form quite neat poultices for binding everything. Sue & Dave postulated that honey works by excluding air and moisture, but I believe that the very high-sugar content of honey creates osmotic pressure, sucking out water, pus, dirt and other junk, plus I think honey may have antibacterial properties.

Marta Rogers, Chadstone, (GR-116): to save you coming up north and raiding our pawpaw (*Carica papaya*) trees, though you're quite welcome to do so, I'll dry some leaves and send them down to you. With regard to the medicinal value of pawpaw for cancer, I have no idea.

Julie Ramsay, Sunrise Beach, (GR 114): **TO IMPROVE SANDY SOIL** (or even clay soil) add organic matter, morning, noon and night; summer, winter, autumn and spring. Just keep adding it on top, or fork through if you have the energy. Suitable material includes: animal manures, garden trimmings, lawn clipping, green manure (grow oats or peas and turn into the soil when fully grown), seaweed (no need to wash it), straw, paper, cardboard (torn up a bit), vegie scraps, compost, etc. Add one or two handfuls of dolomite or lime per square metre, twice a year, just to balance the pH somewhat. Adding worms can help, too. Try to always use mulch on top of the soil as well to help with water conservation and weed control.

**Paul Kristiansen,
37 Barwood St, NEWMARKET 4051.**

Dear GR,

I'm hoping readers may be able to help me find the following items: white borage seeds, white Hidcote comfrey that clumps but doesn't spread, Appleyard ducks in the ACT, fertile peacock, goose or Pekin bantam eggs or babies in the ACT region.

**Aylwen Garden,
C/- PO, THARWA 2620. Ph/fax: 06-237-5277.**

Dear Fellow Feedbackers,

I am hoping somebody can help to trace an old book. In the early '70s, our school still had some copies of the old green *Australian School Readers*. (I think that's what they were called!) Anyway, one of them contained a story by an author, Donald Donaldson. The story was called *The Swallow*, about a mother swallow protecting her nest against the rising river. I realise this is a long, long, shot but after many years of trying to trace this book, I thought I'd give it one last try! If anyone could help with even a copy of that particular story I'd be most appreciative!

**Rae,
PO Box 3015, MACKAY NORTH 4740.**

Dear GR People,

I have been reading this magazine since number 23 and was always amazed by the requests in the Feedback. Little did I know that one day I may also need the help of GR family members. We live on 7.5 acres with a garden full of fruit trees. Most of them are really old-fashioned types like our Gravenstein apple. But my favourite among apples was always our McIntosh, growing near our driveway. Unfortunately, one day a friend when turning with the car backed right into it and completely broke it off. I could hardly hold back the tears as I knew it would be difficult to replace. All enquiries in local nurseries resulted in a zero. So now I turn to anybody who would know where to get another **McINTOSH APPLE TREE**. Many thanks to anybody who can help me find one.

**C Mojzis,
140 Shelleys Lane, THIRLMERE 2572.**

Try writing to: *Badger's Keep, Chewton, Vic 3450. Ph: 054-723-338. They stock hundreds of old varieties of apples and will send a booklet plus list for \$7 incl p&p.*

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

We are a family with one two year old son and another baby on the way. We are shifting to Barnawartha and are active in the permaculture and LETS groups in the Albury-Wodonga region. We are looking for information on **STORING WIND ENERGY** using compressed air to operate a water pump. We find this wonderful magazine very inspiring and look forward to each new one.

David & Maree Morris,

Lot 1 Williams Rd, BARNAWARTHA 3688.

To the GR Gang,

I am currently in the process of taking discharge from the army. I would like to hear from anyone who is currently (or will be) building a **MUD BRICK** home in Adelaide, as my wife and I will be moving there April/May, and we wouldn't mind giving them a hand.

Also, are there any mud brick building companies in Adelaide willing to employ an ex-army bricklayer who has done some mud brick building himself? Can anyone who has had a mud brick home built for them recommend one or at least tell us of ones to steer clear of?

Just one more question: how many ducks can you have with one drake?

Chris & Margie Meehan,

1 Grebe St, SEMAPHORE PK 5019.

Dear GR Readers,

I am seeking help from anyone regarding **LUPUS**. Does anyone have advice re controlling/curing?

Mrs D Baker,

Box 153, INGLEWOOD 4387.

Dear GR Readers,

ANTS IN THE GARDEN: black ants, red ants, bull ants? Find their headquarters and pour boiling water down their front door. Check next day and days after if any spies have come in from the cold and give them the same treatment. But careful, boiling water hurts friend and foe. Even though earth is a good insulator don't kill that plant you'd like to keep!

ANTS IN THE HOUSE: I use one or two spoons of white sugar in a sardine tin and put it on the ants' highway, sprinkle a few crystals to get them started. They get hooked and take it back to their nest. Three to four days later, no more ants – until another mob finds its way. Use white sugar only, then there is no worry when lizards and geckoes eat the ants.

John de Lange (GR 116) gave a fine description of the **FLAIL**. I can still feel my arms when I think of those days. Flails varied little from area to area. I remember two different leathers for the hinges. One was pig skin with natural grease and the other cow hide. Don't know if that had to be or just happened that way. The strips were about 2 1/2 centimetres wide and as thick as they come. The whipping was rawhide, put on wet; they say it shrinks very tight when it dries. The flail was hickory or beech, any hardwood that did not split easily. About 4 by 5 centimetres and 75 to 100 centimetres long, the corners worn round and smooth. The handle was hazelnut or silver birch or even willow, something softer and friendlier to your hands. There is an optimum flail to handle-length ratio. You don't want to bang your own hands or clobber yourself or the man next to you.

The **THRESHING** floor on that farm was solid brick. We didn't open the sheaves. As the straw was later put through the chaffcutter for stock feed, nothing was really wasted. Flax was the easiest. The boss said: 'They don't want to pay us the oil premium, they can have the flax; we take the linseed to the oil mill ourselves!' For linseed and poppy, we spread a tarpaulin on the ground. Peas were easy, too, lupins harder, barley and wheat not too bad. Oats was the hardest. We only threshed enough for seed. There were blackouts, limited generating capacity, city and industry had priority, not enough voltage for big motors. All were glad when the power finally came through and the threshing machines started up.

Jack Jacob,

Box 140, COOKTOWN 4871.

Dear GR Friends,

We are a young couple expecting our first baby in December '96. Six months ago we decided to finally make the move from living two streets away from a power plant in the city of Newcastle, to living at the base of a mountain, in the valley of Lansdowne near Taree. We purchased a 28 foot caravan for our temporary home and have been living here in the country on my parent's property, waiting for my partner's first organic vegie patch to produce its harvest.

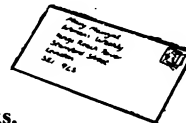
Knowing that our child will be influenced by our lifestyle, we are motivated to follow our dream of travelling around Australia (and overseas), as soon as the new baby permits in mid '97. We have talked to a few people about which is the **BEST METHOD OF TRAVELLING**, but still find ourselves indecisive. We would really appreciate anybody who has successfully travelled to write with their experiences – good and bad. Do we tow a small caravan; drive a compact campervan similar to a converted kombi; or purchase an old school bus and convert it ourselves?

I am an avid recycler and plan to continue while travelling. I knew a couple who travelled in an old bus. They grew herbs in pots and would water and sun the plants with each stop. I would welcome ideas on how we can grow a few vegies along the way, and also how we could make money when we will be short of it. My partner plays Spanish Flamenco guitar and I am able to produce a wide range of poetry, crafts and food to sell.

Can someone help me with ideas on how I can take care of my baby the most natural way possible? Like – nappies; cleaning products; food recipes; creams and soaps etc; and 'baby-friendly' techniques for sleeping, crying, routines, feeding and learning etc.

I have been reading this magazine since I was about 16, and regardless of my circumstances, the articles, poetry and letters have kept me inspired to live the 'Grass Roots' way – so thank you GR. It is our pleasure to correspond with people, so anyone who wishes to respond to our letter will receive a return quickly, and anyone who would welcome a visit from us while we are travelling would be a bonus for us. Lots of love & good health to you all.

If you take some time before wishing to reply to us, letters will always be passed on to us from this address, regardless of our travel plans.



Kelia & Javi,
Lot 6 Mudfords Lane,
CENTRAL LANSDOWNE 2430.

Dear Folks,

Has anyone numbers 1-4, 8, 9 of the ICI Burwood State College of Vic **'ANIMAL STUDIES IN SCHOOL SERIES'**? Most were printed in 1979-81 and compiled by George Warren.

Has anyone a *Tagasaste* revised, and older books they don't mind parting with? And, any of the Sunset Series of Home Publishing Co books? And the Summit/Ure Smith series? We've moved from government housing into a private home. We'll be buying soon so the books will come in handy for us.

Are **HAND OPERATED HAMMERMILLS** available anywhere, and also a paper cutter/shredder for our mulch making?

We are practising permaculture and biodynamic systems as a method combined to create a healthy garden scene. We can see what these ideals are about and look forward to rejuvenating our abused garden. Starting from scratch is a long haul but it must be done right.

I'm looking for a Jacobs 1/4" cap chuck (24 x 3/8 female) and a 5/16" cap chuck (24 x 3/8 F), two 1/2" cap chucks (20 x 1/2 F) for tool conversion ideas. I find using a plain bit brace fitted with a 1/4" or 5/16" chuck is, in some cases, better than a hand/electric drill for some jobs, so if anyone has an unused chuck or lever they'd like to part with I'd be pleased to buy same.

All items listed above will be paid for. Just let us know what you have and we'll send you what you require.

B & J Marschner,

Railway Cottage 211, PT GERMEIN 5495.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

Although I love GR magazine I only buy it occasionally so I am sure that my question has been asked and answered many times. Are there any creams or lotions that I can make to **DETER LEECHES**. I hate them.

Also, I am planning to live a hermit-like life in the bush in Victoria. I have tried a few times but always come back to civilisation after a few months because I get lonely. If there is anyone out there who would like to join me in this kind of life you would be most welcome.

Debbie,
7 Park St, MT GAMBIER 5290.
Ph: 087-231-149.

Dear GR Friends,

We have recently moved to Wauchope from Taree and are at present renting at the address below. We are looking for a couple of acres with a house, electricity etc to rent in this immediate area, with option to buy when our house in Taree eventually sells.

Anyone who has a property along those lines in about a 10 kilometre radius of **WAUCHOPE** and would be willing to let us rent for an indefinite period, please give us a ring. We have established a business within Timbertown Theme park and, when we sell, will have a deposit of approx \$30,000 to buy here. We don't want to leave the district as we love it here and want to settle.

I am a piano, violin and keyboards teacher. We are in our 40s with an 11 year old daughter as well as pets. My husband is the leather-crafter in Timbertown, and we also own the craft gallery in the entrance foyer. Come and visit us, have a chat, and if you can help with a property, we would be forever grateful.

Maureen & Dallas Nyberg,
168 High St, WAUCHOPE 2446.
Ph: 065-851-649.

Dear GR Readers,

I have recently moved to the **NEW ENGLAND AREA** and would like to make contact with other GR readers in the area and also the Dorriggo area. I'm a 46 year old permacultured gentleman, qualified in acupuncture and nursing. My interests include naturopathy, herbs, gardening, reading, and occasionally writing. I have very little local knowledge of the area and would like to make new friends.

John Danecki,
C/- PO, ARMIDALE 2350.

Dear Grass Roots,

I am having increasing numbers of **MICE IN MY HOUSE**, and would like to contact any reader who may be able to give me advice on how to cope with these pests. Also, I am overrun with sparrows. Any suggestions would be appreciated. Anything that can be done about wood grubs in wattle trees would also be a great help. I would be eternally grateful for any suggestions.

Thora Carle, 'Valley View',
Ashford Rd, INVERELL 2360.

Dear GR Readers,

The Green Heating Quest article in GR 116, Eco News, reminded me of a home I saw on TV while I was in Europe in the early '70s. Pipes had been run behind the lower inside walls and under the floors and hot water was circulated through them. If the water were solar heated it would certainly be an environmentally friendly heating method, though I can't recall what was said about its efficiency.

C Lorna,
C/- PO Box 242, EUROA 3666.

Dear Megg, David and Staff,

I read with interest, over several years, articles and letters from readers who are suffering from **CHRONIC FATIGUE SYNDROME** (CFS), or ME, as some people know it. Also the many and varied ways of coping with it and 'cures'.

I know of several people who have this condition, and wonder if there is a correlation between CFS and mercury poisoning from dental amalgam? Perhaps some of your readers would care to share their experiences from this point of view? There has been some publicity in recent months on dental amalgam and health, and it is a subject that deserves all the publicity that can be given. Good health is precious, too few experience it in a lifetime.

Concerned Reader,
C/- PO Box 242, EUROA 3666.

Dear GR,

Thank you for your wonderful magazine, we have found some very interesting articles. My husband, I and our three year old son are looking at leaving the city and moving to Queensland, possibly around **TOOWOOMBA** or surrounding districts. Can any readers suggest a suitable area? We would like between 20 and 200 acres, heavily timbered with native bush, and would clear as little as possible to build. We intend to live a quiet country life, away from the rat race. We look forward to hearing from readers who may be able to give us some advice and we will reply to all letters.

Maree, Nick and Jack Crosbie,
PO Box 254, EASTWOOD 2122.



Dear GRs,

Some time back I wrote to GR asking readers if anyone knew of **RE-USABLE TOOTHBRUSHES**. Thanks to the many who wrote with suggestions of how to recycle the plastic handles. Unfortunately no one had any ideas about re-use. A number of museums display tooled bone brushes and I suspect that a brushing head was attached in previous days. And of course, others spoke of using a finger dipped in bicarb and cinnamon to brush over teeth.

But I've finally found some commercially available. Ecodent (Ph: 03-9376-5888) are importing toothbrushes with replaceable heads, brand name 'Mont Bianco', available through the Wilderness Society. Recycleable toothbrushes cost \$3.95 and four head refills at \$6.65. I look forward to trialling them.

Sue Behan,
108 Crewe St, MT GRAVATT 4122.

Dear GR,

Having successfully made my own tofu, I am now looking to either buy or make a **TOFU PRESS**.

Having a north facing, large balcony in Darwin, I am able to grow quite a few herbs for my own use. In a past issue of GR (I do not remember which one), I recall reading about **LICORICE**. My final request is with regards to **CHLORELLA**: where can I get more information on this topic that is not from someone trying to sell a book or product? Any help in these areas would be most appreciated.

Borange,
212/1 Dick Ward Drive,
FANNIE BAY NT 0820.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

This is a **LETTER OF APPRECIATION** for *Grass Roots* magazine and for the good people who read it. After having a letter printed in GR 117, I had many replies from people who cared enough to write. I have some new avenues to pursue regarding my health problems and feel optimistic about finding some positive answers. This is thanks to those people who wrote and shared their ideas and experiences. I was able to write and thank most people personally, but some writers didn't have an address. So thanks to those people also. Thanks to Lyn from Queensland for telling me about 'hypothyroidism' which I am in the process of having checked out through by GP.

Every letter received had something of value in it. Some to think about; some to change and some to have checked out by the right people. It's good when people show they care about others. Thanks.

David Thompson,

RMB 3170 Foster Rd, BALLENDILLA 3561.

Dear GR,

To answer someone who was after a **CHEAP TANNING SOLUTION**. My husband says to boil pine bark (covered with water), then strain the liquid. You can still use the bark for your usual purposes.

I watched a programme on TV which claimed one could not grow pawpaws south of Queensland. Yes you can! We have been **GROWING PAWPAWS** in Waratah, Newcastle, for about thirty years and we got these pawpaws from an elderly resident who had grown them for many years. I guess they are used to the place. They come up everywhere, and the fruit is not bad. I usually mix pawpaw with pineapple or squeeze lemon juice and sugar on them. If anyone would like some seeds they could send me \$2 plus a stamped self-addressed envelope. Or, if you live close, ring up on 049-682-072 and we could arrange to let you have some plants. They grow quickly and fruit well and early. I would like some Kaffir lillies. Maybe we could swap?

Has anyone got ginseng growing? I would like some plants to grow; also star aniseed.

About cardamoms. I had been wondering when they would flower. We had them for three or four years. Suddenly they flowered last summer. Did they hear my husband threatening to pull them out? It seems they have to be a certain size and age.

Betty Bochenek,

39 High St, WARATAH 2298.

Dear Readers,

I'm on a hilly, organic property 600 metres above sea level, which has approximately 10 days of snow per year. I've had great success with herbs such as chamomile and ginseng, but have failed dismally to grow lemons, or citrus of any sort. I've heard about a thick-skinned variety of lemon being grown at high altitudes in New Zealand. Would anyone be able to tell me more about this, or any other **COLD WEATHER VARIETIES OF FRUIT**? I would also like to buy or build a cheap unit for **EXTRACTING ESSENTIAL OILS** from herbs, particularly chamomile, lavender and rose.

Heather Kozak,

RSD Dellicknora Rd, DELLICKNORA 3888.

Dear GR Staff,

For Mrs B Jenkins of Scottsdale, re Frangipani Tarts. A Warning: the true **BOTANICAL FRANGIPANI** (*Plumeria acutifolia*) (there are other species) belongs in a family named Apocynaceae, as do *Vinca major* (periwinkle) and *Mandevilla ssp.* A characteristic of these flowers is the way the petals overlap on one margin, I think the left. They all have milky sap as well. We were told during a horticulture lecture of TAFE that all members of this family are poisonous, so it would be well to make certain of the species used by your/her friend before using anything from a frangipani – including the flowers.

The very fact that GR is still going after 119 issues points to something being done correctly. I find that the wealth of information concerning the availability of unusual/alternative products (but not solely) makes it worthwhile. May it long continue.

Richard Affich,

PO Box 188, BOWRAL 2576.

Dear GRs,

Reading Pat Coleby's story on equine lawn mowers (GR 117) had me remembering the amusing happenings of my own backyard. We have **SHARED OUR BACKYARDS** with many animals, like the eastern water dragons who used to sunbake, nest, and scare the daylight out of us when, unseen, they'd take off into the bush when we walked by. The fearsome looking lizards had orange hued skin and looked great on the grass.

There were many funny moments with the Saanen doe and kid. Young Billy was a joy to watch prancing and climbing. They were so efficient with their clearing job, we had to find Jill another home and when we sold the house, the new owners asked to keep Billy to maintain the area.

My hens free range through the day and are a laugh a minute. They hate the resident magpie as they all like to finish the dog's brekkie (he is mostly vegetarian), the feathers come up and they growl whenever he is near. My four year old daughter loves to crumble stale bread for them, but one day a red hen couldn't wait. She stole the whole slice and the ensuing, all-in chase was hilarious.

The horses share our house yard too. When they are fit and healthy, I have found one and a half hours per day is the limit; they get mischievous after that. They are not as neat as a lawnmower, but are much more pleasant. Children and horses are a worry; mine are mostly separated for safety, if they are together it is under adult supervision.

If you love being with your animals then share your yard, they can be taught to stay out of your garden, though each animal may have its time limit. Give it a try.



Paula Kerslake,

RMB 4277, Wisemans Ferry Rd,
MANGROVE MT 2250.

Dear GR,

In answer to JM: I find Marlow Kenwal nylon builder's line to be very good string, and have used it for macrame. I have their No 8, perhaps they make other thicknesses. Marlow Kenwal is in Victoria.

What I am really wanting to know is, does anyone have a recipe for **PICKLING CAPERS**? They grow like a weed, but none of the heaps of cookery books I have mentions how to treat them.

Having just lost six kilograms, I can endorse Vicki Judd's diet suggestions. The only sensible way to lose weight is to cut the fats and reduce the calories. That still leaves me with the dilemma of what to do after the diet. I like food, and so does my family – but they never need to diet. They just eat and eat and eat!

Thanks for a great magazine, my only complaint is I would like some thanks from the people I have helped. At least then I know that my letter arrived.

I wrote to one person re **ACNE ROSASIA** which I have had for 25 years. I am using Rosex gel, Neomedrol lotion, Elle Bache cream No 2 and taking Inderal tablets. Has anyone got any other suggestions? It is a constant battle to keep it more or less under control.

J McRae,

1295 Coles Bay Rd, COLES BAY 7215.

Dear GR Readers,

My family is looking into moving to Queensland. I intend to **HOME SCHOOL** my daughter but I have heard that Qld does not allow this unless you are a qualified teacher or live in a remote area. Is there anyone who knows of a way to get around these problems?

Also, we would welcome any information about Queensland such as where are nice areas to raise a family, good growing areas, people, government and any other information that would help us in our choice.

Kathy Rojewska,

PO Box 237, GUILDFORD 6055.

FEEDBACK LINK-UP FEEDBACK

Dear GR Folk, Especially From New Zealand,

I want to beg, buy, borrow or tape a copy of **TANIA BOWRA'S, 'HEAVEN & EARTH'** - currently unavailable in Australia. My tape player chewed it. Will pay all costs.

**M Stevens,
34 Cecil St, NIMBIN 2480.**

Dear Grass Roots,

Having read your wonderful magazine now for a number of years and put to use dozens of the hints, recipes etc I would now like some help myself. I am after some plans **TO BUILD A GO-CART** using approximately a 5HP engine, plans for a three-point linkage post-hole borer suitable for a small tractor (hobby farm style), as well as plans for a ride-on lawn mower.

I have all the necessary equipment to build the above - welder, tools, etc, so if anyone is kind enough to help me out with some easy-to-follow plans I would be very grateful.

I have made a 12 volt generator using a small (2 HP) stationary engine, a car battery given free from an auto electrician (the battery doesn't need to be in top condition - a generator or alternator will do the same job) and a cut-out switch. I run a lead to a 12 volt globe, and this gives us light if the mains power goes off. If anyone would like plans on how to set up my **LIGHTING PLANT** please write and I will send detailed drawings, including wiring, etc. My lighting plant also becomes a battery charger.

**Neville Young,
RMB 135, Balbarup Rd,
MANJIMUP 6258.**

Dear GR Readers and Staff,

Many thanks to the readers who answered my SOS for instructions for an Inkle Loom and books on spinning, weaving and dyeing. The response was incredible and each mail day (two mail deliveries a week here) for weeks after, brought pages of photocopies, reference books and contact phone numbers.

As a token of my appreciation, I sent off 'scratchie' tickets to all who replied. To the letter writers who sent offers of 'super-dooper get-rich-quick-schemes', your time and efforts were not wasted. I burnt the letters and put the ashes on the garden.

**Lyn Grimes,
'Jindawarra', MS 322, GAYNDAH 4625.**

Dear Grass Roots Readers,

I am searching for a **BULGARIAN YOGHURT CULTURE**. I had one many moves ago that was just like pieces of cauliflower. You put it in milk and let it stand for a few day and it changes to yoghurt.

**Avis Kerns,
215 Kyogle Rd, WADEVILLE 2471.**

Dear GR Readers,

My partner and I have been enthusiastic readers of GR for some time and feel now is the time to make the break from the city. The problem we face, however, is to where? We have two children aged four and two with another on the way shortly. We are family orientated people who have interests in permaculture, self-sufficiency and conservation. Our dream is to build our own home on 40-100 reasonably priced acres in an area of like-minded people within Victoria. We are after an **OPEN, CARING COMMUNITY** where our children can grow up and go to school. We would like to hear from people who are living in such an area who are willing to share with us their experiences. All information will be gratefully received.

**Peter & Robyn Cox-Livingstone,
96 Union St, BRUNSWICK 3056.**

Dear GR,

We have just moved from Lower Plenty to Croydon and what a great move it has been! Even though it's definitely more urban here, we've been given a great gift at our new rental house where my partner, our two year old son and I will live and learn, on our journey towards owning our own home (hopefully we'll build it ourselves) on a nice piece of land. Our backyard is **fully** fenced which means Hagan can run around with the free-ranging hens generously given to us. (Although I do think he's starting to think he's a chook too!)

The yard is large and also **came** with lots of fruit trees - fig, orange, nectarine, plums, apple/pear and we think cherry. We've put in one no-dig garden and planted in a row of mulched tyres protecting the bottom of the chook pen from fox invasion. We're going to grow pumpkin and watermelon on the shed roof and put another couple of no-digs in. I just want to say thank you to GR and its readers for such an inspirational magazine; it's returned my faith and enthusiasm at times when I've thought it just too hard or impossible to move towards self-sufficiency. It's great to be getting dirt on my hands again.

Also - here's a hint for **EXCESS ZUCCHINI** - dry slices of it then marinate as for dried tomatoes. (Soak in half water, half vinegar solution then put into jars with herbs, garlic, chillies and cover with warmed olive oil). Put in pasta, salads, pizza, etc. Very yummy.

**Rin Fiedler,
3 Jackson St, CROYDON 3136.**

Dear GRs,

I represent a small working group of volunteers trying to promote our district as a tourist destination. Even though many of our sites are in remote bush locations, we want to erect **SIMPLE AMENITIES** in the form of picnic shelters with water storage from roof, barbecues and dry toilets. We are seeking designs which will reflect the bush theme and which are easy to erect. Any assistance with plans or ideas would be greatly appreciated. All designs will be given consideration. Thank you in advance.

**Mrs G Davy,
PO Box 202, COLLINSVILLE 4804.**

Dear GR Readers,

I would like to thank all the people who answered my request, (117) for a recipe for **FRANGIPANITARTS**. How kind GR readers are to one another. Letters came to my box from all over the country, with recipes from old family cookbooks, and so painstakingly written out. I will be occupied for months to come! I was very impressed with the letter from the 15 year old Elizabeth Schrammeyer. What a delightful girl she sounds. I certainly hope her ambition is realised. The world could do with a lot more like her. As usual, the magazine is full of interest, and I do like the bright new covers, also the clear index.

**Mrs B Jenkins,
2/22 Beattie St, SCOTTSDALE 7260.**

Dear GR,

I am hoping that someone can help us. We have so many **GINGER ANTS** (not sure if this is real or local name) in our garden and around the dog's cage and our walkways. They are very small but have a very big bite. We don't want to use a strong poison but they are very aggressive and we need help in getting rid of them.

We moved to Katherine from Cairns seven months ago and a lady from here introduced us to this very wonderful and useful magazine. We have enjoyed reading your magazine ever since.

We have little knowledge of what sort of fruit and vegetables that we can grow during the 'wet' season and would appreciate any help that readers give to us. We would also be interested in knowing if there are any permaculture clubs or groups, in or around Katherine. We would also like to grow tropical fruit, from seeds. We would greatly appreciate any help in locating any companies who specialise in mail order seeds of tropical fruits.

**A Lance,
C/- PO, KATHERINE 0850.**



FEEDBACK LINK-UP FEEDBACK

Dear Mary,

I noticed in GR 117 that I had only given you half the story on **TAKING LABELS FROM BOTTLES** and jars (glass). Some labels need soaking in warm water overnight, some need a blast in the microwave oven (without lids!) depending on the glue type. And, of course, some need the freezer treatment to tame the glue as mentioned in GR 117, page 24. Never try plastic bottles in the microwave oven, unless you're prepared for a possible meltdown. It doesn't always happen but it can. Beware! And wear gloves because it can get mighty hot.

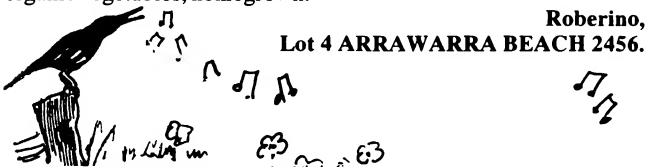
Also in GR 117, 'A Truly Good Life' by Joan Thompson made me wonder if she'd tried gypsum on her soil to help in the horrors of trying to garden with **CLAY SOIL**. It's available at any produce store and hasn't got any nasty side effects as far as I know.

MUD BRICKS: All clays are not good for making mud bricks and you may have to buy them from a different area from where you live. This also applies to mud rendering of walls as mentioned in GR 117, page 24. The mix used for mud bricks varies and so it does for rendering. Some people like to use a percentage of cement or cement and lime mixture; cow manure is used in Africa and so on. Everybody has their pet mix.

Is there a place in Australia that at no time during the year has mosquitos, sandflies, midges, flies, ticks, march flies, bush flies, blow flies? If so, what other pests or negative conditions are there? I'm always asked this question by overseas travellers and I don't know.

I enjoyed the 'Green Shopping' article in GR 117 and am more motivated every day to produce my own vegetables where possible. Recently I read where hormones are being used to speed up tomato growth. Where will it all end? I feel it's the tip of the iceberg and may go the way of the mad chook/pig/cow disease. It's just a matter of time. People used to laugh at George Orwell and Aldous Huxley but not any more.

Just one day in a large city is enough to have me wishing for home, and the much fabled entertainment and amusements of the cities just don't stack up against the peace and quiet, relaxed tempo and basic fresh air and wonders of nature of the country, and its fresher genuine organic vegetables, homegrown.



Dear Grass Roots Folk,

I'm a 14 and a half year old girl and live on nearly five acres in the country. There is a lovely, largely unpolluted and unmarred river behind our property where I spend a lot of my time. I am one of eight children – there being four boys and four girls in our family. Our ages range from nearly 21 to eight years old. At present, five of us are doing home schooling and the other three have finished their home schooling.

I've been reading GR on and off for a long time and love it. Nearly everyone in our household reads something from it here and there. I borrow the magazines from our local library, but I wish they had earlier issues, too. I enjoy reading the articles on animals and the Feedback section especially. My sister is into making hard cheeses and is grateful for ideas from GR. The latest issue didn't have a poetry page and several other issues before it didn't either. Were there not enough poems sent in or have you cut out the poetry page from the magazine? I hope that you haven't cut out this regular feature as I enjoy poetry.

We have two books we have picked up second-hand somehow which we have no need of and are giving away. These books are : *Build Your House Of Earth* by G F Middleton and *Homeowner's Guide To Wood Stoves* published by Sunset books. I'm sure someone would find these useful. Both are in fair condition and have colour photos throughout. Feel welcome to give us a call on 085-363-579 if

you're interested.

One last thing – some friends of ours have just gone into breeding Boer goats and any information about this breed will be very useful. I came across an article in a more recent issue on this topic but it did not provide much on breeding, feeding and other practical management details. I would be very grateful for any information.

Hannah Jewell,

PO Box 297, STRATHALBYN 5255.

Dear GR Readers,

My wife and I have been GR readers for the past few years and there are two subjects we would like Feedback on. Firstly, we seem to have great success growing **BEETROOT** in our vegie garden and would like to hear of some **RECIPES** for its use other than in the traditional salad. Secondly, would anybody who is involved in a **BUYING GROUP** be willing to send information on how the group got going and supply a list of suppliers for domestic items. Also, information on how the group is structured would be appreciated.

G & B Maloney,

164 Main St, ELLIMINYT 3250.



Hi To All,

Through the years of reading GR, I always came across answers to my questions but I have one that I cannot find an answer to. I live in the Monbulk area (Vic) and have become very frustrated in trying to find a **HEALTH /BULK FOOD STORE**: one that doesn't sell shelves and shelves of pills, but that sells old-fashioned bring-your-own-container-along-and-fill-up on grains, flours, washing powders even butters and whatever else. Even happy with the weevils thrown in! Where have these shops gone? I would even be happy to join a co-op. If this is all nonexistent (as in the dinosaur era), I would be happy to help start a group (Mt Dandy area, of course). I am also a **HOME SCHOOLER** with our needs and lifestyle as simple and basic as possible in such a fast and highly pressured society. I only want to hear from genuine persons with no fanatic religious beliefs or over the top believers. We are private people and value our privacy.

Julie Hammond,

PO Box 53, SILVAN 3795.

Dear GR,

To help E C Hutchins with **SINUS CONGESTION**: (1) Reflexology – massage the pad and neck of each toe (all ten of them) rigorously and firmly. (2) Give up all lactose (milk, cheese, dairy in general). (3) Kombucha or Calli tea. (4) Schussler's Biochemical Tissue Salts, in particular Silica, Nat Sulph, Ferr Phos, Kali Mur. These are available from all health food shops and can be taken 4-6 at a time, 3-4 times a day. Also, if you haven't found one already, a good homeopath could work wonders. Facial massage could help if used with these other modalities. One last thing; is there someone or something in your life that is irritating you and that you feel hopeless at being able to change or do anything about? If so, try to resolve this issue as it could be a psychosomatic problem. Hope these help!

Nicole Rietmann,

BEECHWORTH 3747.

Dear Folks at GR,

Love your interesting newsy magazine. Saw a list of **ORGANIC SHOPS** in GR 117 and thought I would send you the address of another Sydney outlet. I can recommend them as I shopped there for food on my recent trip to Sydney. Planet Organic, 606 Darling St, Rozelle, ph: 9810-3263. They specialise in fresh organic chicken, lamb, pork, beef, fruit and vegies, breads and more.

Meg Chamberlin,

34 Coorong St, MACLEAY ISLAND 4184.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

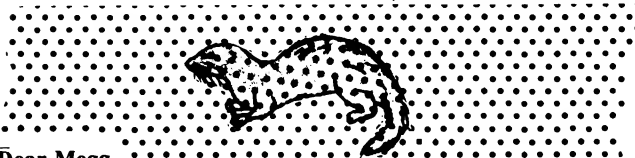
On reading the letter of Emily Werner (GR 117) and her plan to **BACK-PACK AROUND AUSTRALIA**, I felt I'd like to share some experiences which may be useful. I toured around all mainland states using a combination of rail, express bus, local bus services, hitch-hiking, then later, car. For a small annual fee and investment in an item called a sheet sleeping bag, travellers can join YHA (Youth Hostels of Australia). The hostels are situated in all sorts of places and their location and facilities are listed in the guide. Some are in larger towns and have all mod cons. Others are in hidden away picturesque spots with olde-world charm (and sometimes facilities). All are inexpensive compared with hotel/motel accommodation, and much friendlier. In addition to the YHA network, many towns have good caravan parks with on-site vans which are clean and reasonably priced.

Margaret Nettle,
PO 67, TRANGIE 2823.

Dear GR Readers,

I am considering keeping **FERRETS** as pets. Is there someone who would write to me please about their experiences with ferrets? I see 'working ferrets' advertised for sale, but I don't necessarily want them for working, so can I keep working ferrets as pets? Or, should I buy pet ferrets as pets? Can I just keep one or should I have one male and one female? Or, two females? Or??? My library doesn't have much for me to read on this, so is there a recommended book for ferret-keeping please? I realise that the questions can go on and on, so first up some guidance on what to find and read, and then someone to consult with please.

Frank Summers,
PO Box 18, WILLOW TREE 2339.



Dear Megg,

The spray section of my steam and dry **IRON** will no longer spray. Please could someone tell me how to clean it out? I would like a recipe for making **LANOLIN CREAM**.

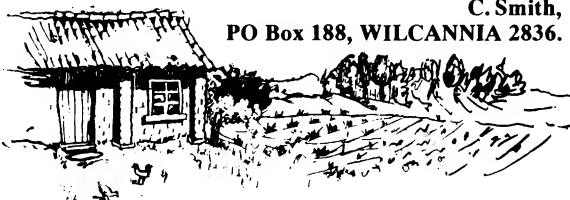
J Ward.

Dear Grass Roots Readers,

I wonder if there is anyone interested in a **PART-MOBILE, PART-STATIONARY LIFESTYLE**? What I mean by that is folks that have a mobile home and who need a land base to return to....a base where they can develop facilities for the mobile home and work on a more permanent dwelling. I would envisage spending some time on this piece of land as well as going away in the mobile home for the type of work one would like to do.

I am not looking for a partner to travel with but more 'partners in land'. There could be already existing shareholdings which could be used for this purpose, or are there people who have similar needs who would like to purchase land together to create something like a caravan park where you can develop your own site according to your needs? Are there any other ideas out there from the owners of mobile homes who would like to have a base somewhere? If so, write to the address below.

C. Smith,
PO Box 188, WILCANNIA 2836.



Dear GR,

Some replies for GR 117. David Thompson: To **THINK MORE CLEARLY** use vitamin C (natural sourced) and salmon oil or omega-3 fatty acids. This will clean the blood vessels and stops headaches caused by blockages in the brain. Vitamin C is a detoxifier, make sure you have about one gram (1000 mg) in small doses throughout the day.

Micheal Robinson: **CHRONIC FATIGUE** is from our cells being too hard, not letting nutrients in or wastes out. You need essential unsaturated fatty acids like safflower oil or corn oil, to soften cell membranes, then minerals to activate the cell processes. Neo-life has Formula IV (multivitamin, multimineral, three essential unsaturated fatty acids). You won't find any other supplement like this. I know people who through Neo-life have overcome chronic fatigue within three months.

Marjorie Lanham: First, **ANKOLYSING SPONDYLITIS** can be reversed. Vitamin E, salmon oil and calcium-magnesium tablets in large amounts for a month then cut down. Small high protein meals. Ring me for more info. Second, **OVERACTIVE THYROID** can be treated with radioactive iodine. I have helped a woman here in Medowie with this same problem. Use vitamin E (natural sourced) to pick up the iodine out of her blood and to relax her eyes. Use lots, say 200 mg a day, in smaller doses throughout the day with meals. It will also (over a period of months) repair her thyroid gland, as long as she has sufficient amounts of all other nutrients.

E C Hutchens: **SINUS CONGESTION** and excess mucus could be candidiasis or thrush which saturates all the tissues. Look to digestion, you need sufficient stomach acids to digest foods, enzymes and lots of acidophilus for bowel. Garlic and onion capsules at night before bed kill off the yeasts. Acidophilus during the day replaces and pushes out the yeasts which go to our tonsils and sinuses.

Carmen Morrow: Baby coming – get into the calcium, magnesium and vitamin E to give bub strong bones and muscles. B-complex will stop the worry and nerves.

Sue Sutherland: Vitamin E is produced by good intestinal bacteria. Eating acidophilus yoghurt replenishes the good bacteria.

Dianne K: **ALLERGIES** can be produced by undigested protein. Need to ensure adequate stomach acids. You can use hydrochloric acid supplements and digestive enzymes. Chemical sensitivity can be reduced by detoxifying with vitamin C and carotenoids.

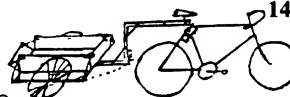
Kel: **BURNING FEET SYNDROME** is a lack of pantothenic acid, or B vitamins. Use a good natural B-complex in large amounts and get more essential unsaturated fatty acids to help absorb the B into the cells.

Yuna Grace: **COLD SORES** and L Lysine. Lysine is an amino acid from protein, maybe your stomach acids are insufficient to digest the protein. A raw egg in a milkshake delivers all 22 amino acids. Vitamins C and A also help the cold sores.

Kym McBride: **PREMENSTRUAL SYNDROME** – I have helped a neighbour with the same problem. She is taking Neo-Life's formula IV which contains three essential fatty acids, not just one like evening primrose. Multiminerals especially calcium-magnesium will calm you, as well as B-complex. The minerals will stop any period pain, too. The fatty acids promote hormones and the minerals activate them. My friend had relief in three days. All the info I have learned is from my Neo-Life naturopaths.

Jennifer Midgley,

14 Casuarina Ave, MEDOWIE NSW 2318.



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear GRs and Potential Bullockies,

Please allow me the space to mag on about Rough & Ready my pair of **WORKING BULLOCKS**. I have been training the boys to the yoke for nearly six months, they are quite responsive to my commands. I only have them hooked up to drag an old fence post or two, this gives them something to pull and puts a bit of weight on the yoke, that will in turn enable the spot on their necks to harden up for any heavy work later on. Rough & Ready are now 20 months old and are due for sale to any interested would-be bullocky when they are two years old and able to be used for extended work.

I have previously written an article about how to train a bullock, see GRs 60, 61 and 62. I originally got the boys because the house cow here had too much milk for her own calf and my family, so Rough & Ready came to help with Fancys' milk surplus. Of course, I got used to having them around and although they were going to be sold at the market, I could not do it. So when someone is ready for them they will be ready for someone. I have learnt over the years never, never, never name anything that you intend to do anything drastic to... like eat it! In the end it takes a stronger person than I to send them to the great green pasture in the sky. It has always been a policy on my eight acres full of sunshine, that any animal or person must contribute to the maintenance and upkeep of the property. So in line with this, the boys must pass on to someone who will work them and keep them useful.

The East Gippsland Bullock Drivers League has several pairs of younger bullocks to make up into the main team of bullocks of Nyerimilang near Metung. The members work them at every opportunity. Still going strong at 15 years of age, Mick and Baldy are two of the original team of eight. Although very huge, they still work whenever there is something going on at the National Park Reserve replica 1920/30s farm.

I am very willing to teach the new owner of Rough and Ready to drive them and answer any inquiries about bullocks and the training thereof. I shall be happy to pass on my knowledge.

Jan Crawford,

RMB 8780 Omeo Hwy, BAIRNSDALE 3875.

Ph: 03-5156-8487.



Dear GR Readers,

Does anyone have recipes or methods for making **MILK PAINT** or any other natural, 'healthy', low odour paints, varnishes or glues that they could share with me? Also, what surfaces can they be used on?

Nicole Peacock,

PO Box 988, ALICE SPRINGS 0871.

Dear GRs,

My partner and I are thinking of making the big move from north Qld to the south-western corner of WA. I was wondering if anyone could please send us some info on nice areas not too far from the coast suited to a simple GR lifestyle. We're interested in any information regarding climate, rental prices, land prices, job prospects for a qualified horticulturalist and animal worker and any general information on what it's like **LIVING IN THE WEST**. We'd gratefully appreciate any helpful hints or information anyone could offer us.

Sally Brumby,

PO Box 236, BAUPLE 4650.

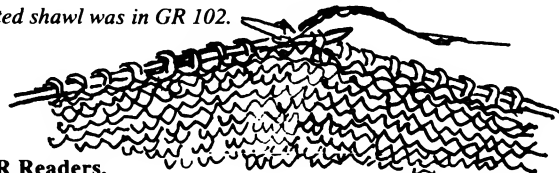
Dear People,

I've been a reader of GR for the best part of 12 years and have enjoyed it immensely, especially the Feedback and readers' stories. I have a few requests which I hope some kind persons may be able to help me with. First, could someone please send me the words to the verse, '**DESIDERATA**'? I haven't seen it around anywhere of late. Can someone help with a recipe for **GHERKIN RELISH**, the little pickling gherkins are very easy to grow. I've got a nice recipe for pickled gherkins if anybody wants it. Also, has anyone a pattern for a knitted shawl that was around years ago, knitted on very large wooden needles and made of mohair. Lastly, a tricky one, there was a song out around 1970 called '**FOLLOW YOUR DRUM**' (at least they were the words in it: 'follow your drum son'). I don't know who sang it. If anyone has a copy of it, if I could send a blank cassette for you to tape it for me I would much appreciate it.

Marguerite Gatenby,

PO box 3201, MILDURA 3502.

The knitted shawl was in GR 102.



Dear GR Readers,

I have for some time been trying to track down as many **HOME-MADE SOAP** recipes as I can as I am eager to try my hand at it. If anybody could help me out I would really appreciate it. Also, I am interested to know where I might obtain some fancy soap moulds. I am also after any **LOLLIE RECIPES** anyone might have.

Heidi,

5/40 Maitland St, MUSWELLBROOK 2333.

Soap making articles are in GRs 13,14,15, 66-69 inclusive.

Dear GRs,

We are a couple in our late 50s and early sixties who live on five acres in a small village 16 kilometres from Cowra, Central Tablelands of NSW. We live in an old pisé house built in 1890, which I am about to renovate. In the last 20 years, we have planted over 300 trees. We have a large organic vegie garden and orchard. We only keep chooks and ducks now as the larger animals we used to have are too hard to manage for a couple with **HIGH BLOOD PRESSURE AND ARTHRITIS**. Does anyone know of any natural remedies for these conditions? If anyone should want to visit us we have some good van sites you could use and enjoy our pleasant environment.

In reply to Marjorie Lanham, GR 117, The Wilson Centre in Shepparton helped with Bob's spondylitis. They might be able to help you. All the best to the GR network.

Bob & Margaret Causton,

WATTAMONDARA 2794. Ph: 063-424-728.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear Helpful People,

We are a family with two young children saving to move to rural Victoria. We hope to purchase 5-10 acres (or more) costing around \$25,000. We plan to be as self-sufficient as possible. We would be very grateful for information about land prices, landscape, rainfall and temperatures. We are considering **BAIRNSDALE, ORBOST, CANN RIVER AREAS**, or have you a better suggestion?

**Lisa & Dan,
PO Box 396, MURWILLUMBAH 2484.**

Hi, Megg and Mary,

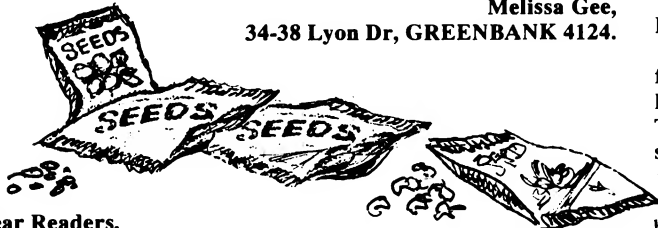
We are just a couple of nature and earth lovers, who would like to find out where some of the **ALTERNATIVE COMMUNITIES** are around Australia. We did read of one area called Baffle Creek in Qld. We would like to have a look at these places or areas, if we can get some advice on where to look. We have lived in cities and found that we didn't really belong there, so we are still searching. Hopefully, there are some kind people who might hear our humble call and reply to us.

**Graham & Donna,
PO Box 724, MALENY 4552.**

Dear GR Readers,

Would anyone be interested in **BUYING SOME SEEDS**? I have 1,000 dill seeds which I grow amongst my vegetables and is a very hardy plant when there is not much water around. I also have 24 New Guinea Climbing bean seeds, and 19 gourd bottle seeds. If anyone would be interested in buying these could you please send \$2 which will help with the postage when I send the seeds to you, and write on the envelope which seeds you would like so I don't send you the wrong one.

**Melissa Gee,
34-38 Lyon Dr, GREENBANK 4124.**



Dear Readers,

Has anyone developed **ALLERGIES TO ANTIBIOTICS** due to exposure to these medications at their work? I am a 42 year old registered nurse who has worked in public hospitals for 23 years. In March 1994, I started to experience symptoms as a result of occupational contact with antibiotics. Over the following year, I developed serious allergies which made it necessary for me to leave work.

As a result of these allergies, I also have food sensitivities and a widespread eczema. Have any other nurses developed allergies to antibiotics through contact with them at their work? Do you have any associated health problems? I would like to bring this problem to the attention of the Department of Health, although I will need information from other nurses to support my argument that a safe handling policy for antibiotics is needed to protect nurses from the development of occupationally acquired allergies to antibiotics.

**Kathy Williams,
PO Box 720, TAMWORTH 2340.**

Dear GR,

I am an adult survivor of **CHILDHOOD SEXUAL ABUSE** who is sick and tired of suffering in silence. For some time now I have been mulling over the idea of writing a book on the subject of abuse – to aid my own growth and healing, but more importantly to reach others. There are numerous, excellent books on the market for adult survivors but I have not come across any aimed specifically at teenagers. These are the people I want to write for. I'd really like to hear from survivors, particularly young adults, as to what their need would be from such a book. It goes without saying all letters would be kept in confidence. So please, if you have something to say send me a line.

**Tammy-Marie Reardon,
C/- Murdunna Store, MURDUNNA 7182.**

Dear Readers,

Could one of you good people supply me with some information about the black and the white **SAPOTE FRUIT**? Is there someone in south-east Queensland who could make available mature cuttings?

**John Townsend,
Lot 1 Carlyle Rd, PALMWOODS 4555.**

Dear GR Readers,

The battle of the Little Bighorn made George Armstrong Custer a hero and Crazy Horse a legend. I am seeking anyone interested in the Wild West and those people who have an interest in the **LIFE AND TIMES OF GENERAL CUSTER** and the American Indians of that period to join with me and learn more about the days of Crazy Horse, Sitting Bull, Custer and the Little Bighorn. I have a view of starting an association. So anyone interested tell me a bit about your interest in the West and we'll start the ball rolling.

**Mark White,
C/- Merricks General Store,
Frankston-Flinders Rd, MERRICKS 3916.**

Dear GR Readers,

I have come across an **ORGANIC HAIR REMOVAL GEL**. It doesn't require heating and is water soluble. It's made from natural ingredients such as molasses, honey, fruit juice, chamomile, lavender, fructose etc. I've tried it and it works as well as wax, but isn't cheap. Does anyone have any recipes for a product similar to this, or any other suggestions for hair removal? If so I'd be grateful to hear from you.

**Tracey Brown,
2/11 Tucker St, CRANBOURNE 3977.**

Dear GR Readers,

We have just moved to the country from Brisbane and it is fantastic. We are renting on a property with an orchard. The landlord lives on the same property, but far enough away for some privacy. This has been a great learning experience as he is teaching us some skills that we will need when we buy our own place. I am hoping some of you out there might be able to help me with some information.

First, how do you keep **SPIDERS OUT OF GUM BOOTS**? The boots are sitting outside all night; in the morning we can be seen jumping up and down on them. We would like to know of an easier way that also will not kill anything.

Second, where can I get **ORGANIC CHOOK FOOD**? I know chooks need a balanced diet. I am not sure what that is, so have been buying layer pellets for the girls. Is that good for them? Unfortunately, I cannot get it or anything like it organically. They free range most of the day. We also have a duck, but she thinks she is a chook.

Third, we are very keen on getting a sheep for **SHEEP MILK** but do not know the first thing about sheep. Is there a good breed for milk? How much milk will we get? What supplements will she need? How often will we need to milk her? Can I use the wool, too? Where do we get one from? How much should we expect to pay? Is it okay to keep one only? Is there anything else we need to know?

Finally, our water here is very hard, my already dry skin and hair are suffering from it. What can I use to **SOFTEN HARD WATER**?

**Elissa Freeman,
Mt Mellum Rd, MS 1000, MALENY 4552.**

Dear GRs,

I am planning to take my family, of husband and three children, on a trip to Adelaide (from Brisbane) in September this year. We plan to go inland and return via Victoria and up the coast.

We have only two weeks but would like to know of any really **SPECIAL PLACES** to visit along the way. If you have any 'out of the ordinary' attractions (preferably natural and secret) in your area, I would love to hear from you.

**Maureen Shaw,
314 London Rd, BELMONT 4153.**

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

We are a young couple living a frustrated existence in the suburbs. Our dream is to move to **HEPBURN SPRINGS/Daylesford** area in Victoria, so we can bring up our baby (due in June) in a peaceful rural atmosphere, as self-sufficiently as possible. Before we commit ourselves to the big move we'd like to hear from other people in our situation who have moved to the area. We'd like to hear the good and the bad aspects of the change to the rural life in Hepburn Springs/Daylesford.

**Wendy & Darren,
58 Tobruk Ave, WEST HEIDELBURG 3081.**

Dear Megg & Mary,

Thank you for publishing my article about Mogilla – **A HARD WAY TO LEARN**. I hope others may learn from my experience. The reason for this letter is regarding the third paragraph of the article about the dog and calf. There was a word omitted which unfortunately makes me look even more foolish than just starving the calf. The dog, Chilli, was actually eating the calf faeces – not the calf!

Although I nearly fell out of the truck laughing when I read it I was hoping you could possibly place an amendment in Feedback. My mother after reading the article rang to say that she didn't remember me telling her that the dog had been eating the calf. I assured her that it was incorrect and the calf had all four legs when she died!

**Alison Marshall,
BEMBOKA NSW 2550.**

Dear GR Readers,

Can anyone help me with the following information? I live on a farm and hope to build an earth-covered house, or an above-ground cave. I currently live in a conventional house. The information I need would be book/s with not too much technical jargon, but which can be easily understood. It can have plans, water proofing, construction techniques and materials etc, etc. It seems strange to me, that in such a hot country as Australia, we build houses with windows, insulation, air conditioning, in the middle of a paddock, and then swelter outside in the heat. Also, this house should be bushfire proof. I only use my house as a sleeping place.

How to build a homebuilt coolroom, materials, plans etc, the size to be about 2.5 x 2.5 x 2.5m.

Any remedies to keep mice away from a farmhouse. I know cats, snakes and mousetraps are ideal, but is there anything vegetable, herb, natural etc, that mice just cannot handle the smell of, and go elsewhere? I am currently using strychnine baits, but I have to regularly go over the house and collect dead mice. They drop dead in the most inconvenient places.

**Wally Hutiuk,
WILD HORSE PLAINS 5501.**

Regarding earth-covered building, we suggest you obtain a copy of 'Australian Earth-Covered Building', by S, J & D Baggs. Published by New South Wales University Press, PO Box 1, Kensington 2033.

Dear Grass Roots,

I have a **MUD BRICK** place that requires **RENDERING**. It is about twelve years old. Could anyone tell me the correct ingredients to use? Also, I have been told that a combination of linseed oil and turpentine mixture is excellent for waterproofing. Is this correct? And if so, how effective is it? Also, what are the dilutions? I would appreciate any advice on the above as I would like to get started before winter sets in.

**Heidi Alison,
22 Staughton St, MEREDITH 3333.**

Dear Grass Roots,

I'm currently producing a range of envirofriendly clothing out of organic cotton and I'm looking for information and recipes for **ORGANIC DYES**.

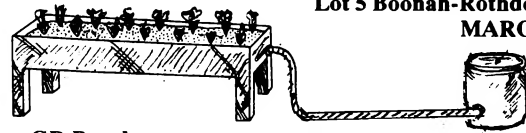
**Deanne Eccles,
3/160 Moss Vale Rd,
KANGAROO VALLEY 2577. Ph: 044-651-037AH.**

Dear GR Folk,

Our little family has been in our sunny neck of the woods for almost four years and we're now at a stage of being fairly established with our gardens and assorted menagerie. Over the years we've been developing our herb growing business and are now at a stage where we supply our local nursery with potted plants. Recently an opportunity leapt out at us in the way of supplying our surplus vegies to a local food co-op. This is proving to be successful, particularly in regard to the more gourmet varieties. With our recent much-awaited rains, I'm in the throes of planning for the year ahead. I'd like to investigate **HYDROPONICS** for fresh cut herbs and lettuce as I see a gaping hole and demand in our local market.

I would greatly appreciate hearing from anyone with knowledge and experience of hydroponic growing, ie, set-up costs, pitfalls and any other information that you'd like to bombard me with. In return, if I can assist with any herb stuff, please give me a hoy.

**Dianne Warren,
Lot 5 Boonah-Rothdowney Rd,
MAROON 4310.**



Dear GR People,

We enjoyed your article on **DARWIN** cos that's where we're heading! We have a 42' bus and are slowly working our way around Oz. We would like to find a 'Bus Stop' with some n/s, n/d, n/drugs type people who have a bit of room and maybe a horse. We have two boys aged seven and three and would appreciate any information and advice on schooling around Darwin.

**Hazel, Collin, Hugh & Mitch,
PO Box 342, WYNDHAM 6740.**

Dear GR & Readers,

Can anyone please help me with some information on **AUSTRALIAN BUSH TUCKER PLANTS** and grasses that can be grown successfully in the south-east region of Melbourne? I would also love to hear from anyone who has recipes (food or cosmetic), involving these plants or any other Australian natives.

**Jodi Cooke,
11 Bayview Ave, UPWEY 3158.**

Dear GR,

In October we're planning to make a documentary about a guitar player from Central Europe visiting the Red Centre, Northern Territory and north Queensland and what this means to him. Would you like a group of modest and polite **DOCUMENTARY FILM MAKERS** (5 or 6) to descend on your homestead and be entertained by a great guitarist in return for accommodation? I think it would be a great experience and lots of fun. As the film will be about the voyage, we wouldn't impose on your hospitality for any great length of time. We'd appreciate any hints and suggestions you might have and look forward to hearing from you.

**Dita Lukas, Production Assistant,
PO Box 86, SUMMER HILL 2130.
Ph/fax: 02-9569-6062.**

Dear GR,

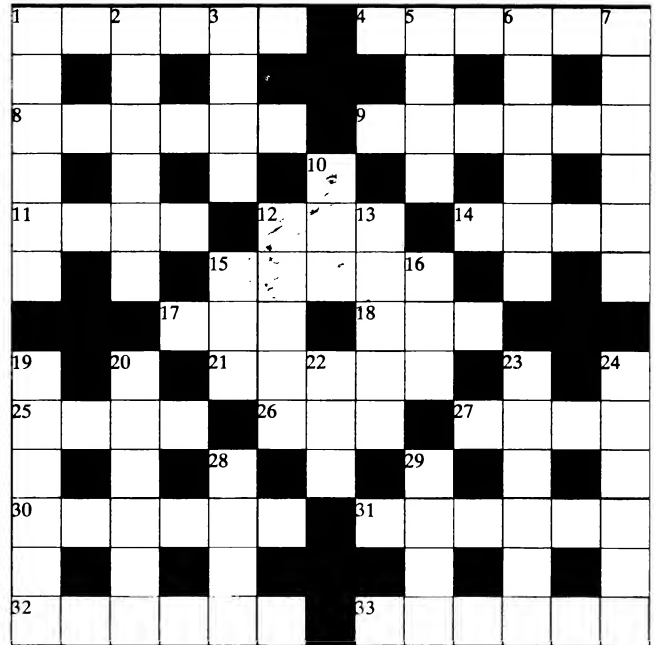
Many thanks to all the small landholders who have written in reply to my questions regarding rates imposed by the NSW Rural Lands Protection Boards. These letters can be presented as factual evidence to an inquiry into this issue. So, if you wish to have a say, now is the time to be heard. The more letters and names on the petition the more effective your voice will be. There is an inquiry underway at the moment, so if something is to be done about the rates, please write quickly to:

**R Snesby,
13 Arrawarra Beach Rd,
ARRAWARRA BEACH 2456.**

CRYPTIC GRASSWORD

Across

1. Boil could cause this (6).
4. Not room to swing a cat in (6).
8. Still needed to produce the right spirit (6).
9. Enlisted waited on tables (6).
11. Found in layers (4).
12. Could be drunk from a ward is no mug (3).
14. Pain emerges from each operation (4).
15. He's not the best man to tend horses (5).
17. Arose to be found here in Hawaii maybe (3).
18. Would have to be joking to take this relative on a jog (3).
21. Allotted share to me before Ted (5).
25. Article from another time (4).
26. Noble back in Paris (3).
27. Plant in hand (4).
30. Secured amount not in stable environment (6).
31. Latitude given to student (6).
32. Cares for hospital staff (6).
33. Cuts back on fruit (6).



Down

1. He takes overhead cover (6).
2. Could be cross over game (6).
3. Preference for something similar (4).
5. Changes were for the pitcher (4).
6. Is the cadet really so saintly? (6).
7. Stocking faulty fire equipment (6).
10. Couple inside to Hindu observation van (3).
12. Tears down (5).
13. Game under fire maybe (5).
15. Quarry management provides precious little stone (3).
16. Back away to lower light in centre (3).
19. Abandon head (6).
20. Merchant banker (6).
22. Advice could be a load of rubbish (3).
23. Head for home (6).
24. Dying to go out in member's car (6).
28. Close this place (4).
29. Contemporary look (4).

Solution on page 66.

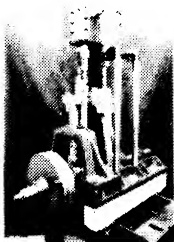
OCTOPUS STRAPS A DANGER

Eye specialists are concerned at the high number of serious injuries being caused by the metal hooks on the ends of octopus straps. One ophthalmologist

has suggested that manufacturers modify the straps by reducing their tension or by padding the hooks. A particularly dangerous situation in where the straps are

used to secure surfboards or other items on a car roof rack. This is just the right height for serious injury to occur, even loss of an eye, or of the sight of an eye.

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KIDS PAGE

SNAIL SNIPPETS

➤ Some groups of snails have shells that coil to the left, while others have shells coiling to the right, however, in virtually all types of snails right-handed coils, or spirals, by far outnumber left-handed ones. For example, only six left-coiling West Indian land snails have been found out of millions examined by scientists.

➤ Snails belong to the Gastropoda family and have adapted to live in a wide range of habitats, from the depths and shorelines of oceans to all bodies of fresh water, and from tropical area to mountains and deserts.

➤ Snails' eyes are located on the tips of their tentacles.

➤ Snails vary in size, some species are as small as 0.1 cm long, whilst others, such as conches and the African land snail are as long as 20 centimetres.

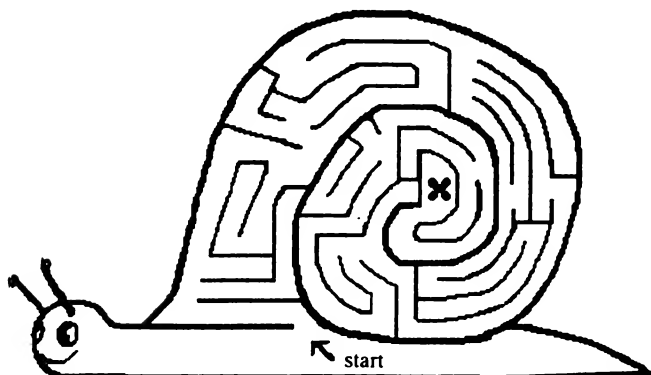
➤ Some restaurants have snails on the menu, called by their French name: *Escargots*.

➤ Snails can see and smell fairly well.

➤ The mouth is equipped with a rasp-like tongue, containing many thousands of denticles, or teeth.

➤ Snails lay eggs, which are white and about 5mm in diameter.

SNAIL MAZE



Q & A

Q. What animal can carry the most on its back?

A. The snail. It carries its house on its back.

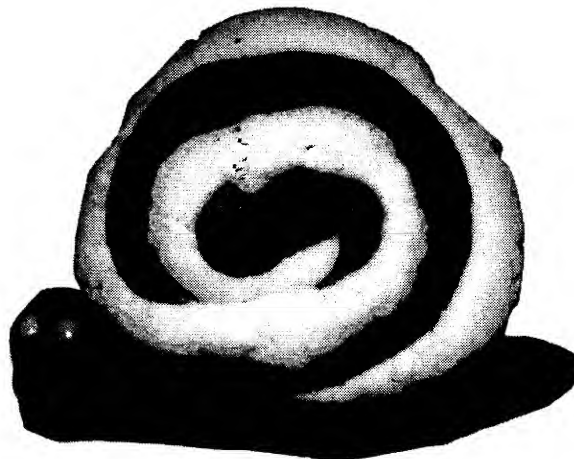
Q. What race is never run?

A. A swimming race.

Q. Why couldn't the bicycle stand up?

A. Because it was tired.

COOKERY CORNER



Snail Cookies

You Need:

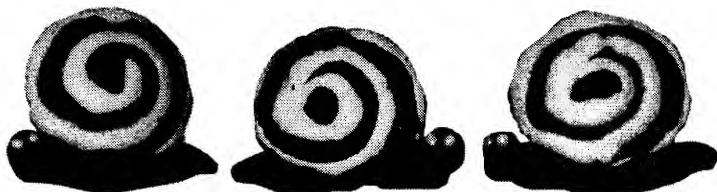
- 250 g white or wholemeal flour
- 1 tsp baking powder
- 150 g sugar
- 1 tsp vanilla essence
- 1 egg
- 125 g soft butter
- 2 tsp cocoa powder

To Make:

Sift flour and baking powder together. Make a deep well in the centre and add the sugar, vanilla and egg. Mix with some of the flour to form a thick paste. Cut the soft butter into pieces and add to the mixture, stirring in thoroughly. Your dough should be quite stiff and not sticky; if it is sticky add some more flour. Now divide the dough into two equal portions. Place one aside and add the cocoa powder to the other half, working it in until the colour is evenly spread.

For the next step your dough will need to be cool so that you can roll it out. If it is a very warm day, you may need to place it in the fridge for a few minutes. Roll each colour of the dough into strips, about 30 centimetres in length. Place a chocolate strip next to a vanilla one and carefully roll them into a spiral, creating the snail's shell.

You can then use either chocolate or vanilla dough to make the body of the snail. Bake at 160°C for about 15 minutes.





WHILE THE BILLY BOILS

This issue we return to our old While The Billy Boils format, featuring menus built around fruits and vegetables in season. If you have favourite family recipes to share we'd love to be sent a copy. Do check back issues first to make sure we haven't already used a similar recipe. Grateful thanks to our guest WBB authors whose menus we have enjoyed for the last year.

SPINACH & BACON SOUP

1 1/2 cups cooked spinach
1 cup water retained from cooking spinach
2 tbsp plain flour
100 ml chicken or vegetable stock
1 litre milk
2 tbsp butter
2 tbsp cooked diced bacon
1 clove garlic
salt & pepper to taste

Wash, chop and cook spinach with garlic in a little water. When cooked keep 1 cup of cooking liquid and purée this with spinach, stock and milk. Melt butter, add flour and cook 2 minutes. Add this to spinach purée. Reheat. Stir till slightly thickened. Cook 3 minutes.

Coral Witt, West Bundaberg.

STUFFED EGGPLANT

2 medium eggplants
2 small onions
2 cloves garlic
60g butter
200g mushrooms
2 eggs
120g tasty cheese
1 tsp chilli sauce or purée

Lightly boil whole eggplants for 30 minutes. Leave to cool. Meanwhile finely chop onions and washed mushrooms, and crush garlic. Lightly cook onion, mushroom and garlic in butter. Scoop out eggplant flesh, leaving about 2 cm of wall. Chop this finely. Add to onion/mushroom mixture, along with beaten eggs and chilli sauce. Fill shells with mixture. Sprinkle grated cheese on top. Bake in 180°C oven for 25-30 minutes.

Brad Harken, Monbulk.

BAKED BABY BEET

3-4 baby beet per serve
olive oil
fetta cheese
shredded lettuce

Clean beets well, leaving stalk attached. Place in an ovenproof casserole dish and brush over with olive oil. Bake in medium oven about 30 minutes – should feel tender when pierced with a

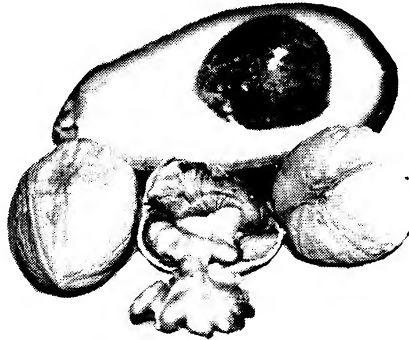
skewer. If serving hot, carefully remove skin with a sharp knife, holding beet with fork. If serving cold, cover beets in cold water and, when cool, rub skin off with fingers. Serve on a bed of shredded lettuce and crumble feta cheese over the top.

Rosetta Berry, Park Orchards.

CRUNCHY CORN SALAD

2 large cobs fresh corn
1 large red capsicum
1 large green capsicum
1/2 cup chopped fresh almonds
dressing of your choice
Separate corn from cob using a sharp serrated knife. (Holding corn upright on a slight angle.) Wash, seed and chop capsicums. Mix all ingredients well and serve on a bed of lettuce. Serve immediately. Great as a light lunch with fresh crusty bread.

S Sandell, ACT.



AVOCADO LOAF

Loaf can be made two days ahead. Suitable to freeze. Not suitable to microwave.

2 lge avocados
2 eggs
2/3 cup brown sugar
1 1/2 cup wholemeal SR flour
1/2 cup chopped walnuts (or any nuts you prefer)

Lightly grease a 15 x 25 cm loaf pan; line base with paper. Grease paper. Beat avocado and sugar in a bowl till well blended. Add eggs, one at a time, beating well between each addition. Stir in sifted flour with nuts. Spread into prepared pan. Bake in moderate oven for about 40 minutes to 1 hour or till cooked.

Stand 5 minutes before turning onto a wire rack to cool. Serve sliced with butter, or with cream as a dessert. Very moist!

Karen Meers, Macleay Island.

CHICK PEA PATTIES WITH YOGHURT SAUCE

50 g parsley
100g dried chick peas
3 spring onions
20 g fresh mint
1 small leek
1/4 tsp ground cumin
1/4 tsp ground coriander
pinch ground cardamom (optional)
1 egg white
juice of 1 lemon
shredded lettuce
2 tbsp olive oil
225 g low-fat yoghurt
extra lemon juice

Place chick peas in a saucepan with enough water to cover them. Bring to boil, then remove from heat and leave chick peas soaking for at least one hour. Return to heat, boil, simmer till tender – about one hour. Meanwhile wash and roughly chop parsley, spring onions, mint and leek. Drain chick peas, place in food processor with remaining ingredients, except last four. Mix to a smooth paste. Roll into walnut sized balls and flatten with palm of hand. Cook patties two minutes each side in the olive oil. Serve on shredded lettuce. Mix yoghurt with lemon juice to taste. Drizzle a little over each patty. Serve rest separately.

Colin Franklin, Alexandra.

ORANGE LIQUEUR

4 oranges
1 cup sugar
sweet white wine

Steam oranges over rapidly boiling water for five minutes. Cool. Juice oranges. Stir juice and sugar in a saucepan over low heat to form a syrup. Add syrup to bottle of wine, having first poured off equivalent amount of wine. Seal and store one month before using.

Gail Mackie, Mildura.

A DASH OF PANACHE

by Kel Connell, East Gosford, NSW.

Even simple, economical recipes can be enlivened with a little imagination and experimentation. Use these recipes as a starting point and add herbs, spices and sauces to your family's taste. Encourage the children to help in the kitchen by incorporating their own suggestions.

Most of my childhood was spent beside a river. We bought vegies from a market garden and were told to pick our own. The market gardener used chicken and pig poo (no chemicals). Our fish came straight out of the unpolluted river. Though poor we were very healthy kids, due probably to our food source, rather than my mum's cooking methods. As I recall. Mum's cooking efforts usually involved a big bottle of 'red' which was never wasted on recipes but rather shared with our neighbour. You could almost tell how spicy the gossip was by the amount our food was burnt.

I became interested in cooking at an early age and think cleanliness and attitude is so important when cooking. Sometimes a little creativity also helps. even basic stuff like mashed potato or sausages can be jazzed up, I soon discovered. Wholemeal flour is preferred in all recipes which use flour.

RECIPES

Poor Man's Biscuits

flour (1 cup per person)
onion water
butter
cooking oil

Prepare onion water by chopping up an onion very finely, place in pot, cover with water and simmer for 10 minutes. Strain water into pot. Save onion pieces for soups. (Onion and butter flavour the biscuits.)

Work the flour and butter together with fingers to aerate the flour. I use half plain flour and half self-raising flour mix (saves my arthritic fingers). No, I'm not really arthritic, just lazy.

Add onion water and additional flour to make dough. Roll on floured board until 3 mm thick. (That is 1/8" for pre-metric oldies). Now you can let the kids into the kitchen, after they have blown their noses and washed their hands. With scissors they can cut up the sheet of dough into triangles and squares. About 10 cent or 20 cent sizes. These pieces are deep fried until brown, can be served

cold but are nicer warm. These are very basic ingredients yet surprisingly tasty tidbits. Note: adults please supervise scissor use.

Tomato & Cheese Appetisers

2 tomatoes per person
1 dsp sultanas per tomato
1 dsp breadcrumbs per tomato
1/2 clove garlic, crushed, per tomato
1/2 tbsp olive oil per tomato
1 tbsp grated cheese per tomato
mixed herbs

Soak sultanas while preparing tomatoes. Wash tomatoes, then cut tops off. Scoop out seeds and pulp. Children could do this chore, then get them to plant the seeds. I return all seeds to the soil. Alternatively, place pulp in small plastic bags and store in freezer for soup. Add garlic to breadcrumbs, and spoon into tomato shells, with sultanas and other ingredients, except grated cheese and mixed herbs. Bake at 180°C for 10 minutes. Remove from oven. Spoon grated cheese on top of each tomato shell. Sprinkle on mixed herbs and pepper to taste and grill until cheese melts. Yum!

Tomato shells may be filled with your choice of ingredients, such as mashed potato, chicken or bacon pieces, stock cubes, seasoning etc. This is easy, tasty, nutritious and cheap. Leave the cork on the red until after it is cooked. Serve with parsley and baby potatoes.



The Good Old Spud

Spuds are mostly starch, with most of the minerals, such as magnesium, in the skin. So why cut off the skin and trash it? Wash the dirt off the spuds, then give 'em a scrub with steel wool, leaving skins on. They will be more flavour-some. When soft enough for mashing drain off water (save water).

When mashing I add a dab of butter, some milk and some of the water the spuds were boiled in (more goodness), and mash it all up – until all your anger is spent and spuds are fluffy. Now we can add the chopped up pieces of bacon or chicken I forgot to tell you to prepare while waiting for the spuds to boil. No bacon, no chicken – no matter, throw in the onion bits you saved from The Poor Man's Biscuits.

I reckon onions saved many of Mum's culinary disasters. I still remember the smell of onions mingled with the fuel stove smoke. Sometimes Mum forgot and put the onions in twice. Which caused unexpected embarrassing accidents.

'La Parisian Sausage'

Served with vegies, peas, mashed potato and parsley. Sounds delicious. Don't be scared off by the 'Paris' moniker.

The glorious snag centrepiece of this plate is merely cooked gently and rolled often in the cooking oil, which should always be hot before immersing the naked sausage. When the sausages are deliciously brown they are sliced down the centre lengthwise and placed cut part down to ensure the inside is also nicely cooked.

Remove the now thoroughly cooked snags, drain on paper, sprinkle with flour and dip into batter. Then back into the hot oil. This method of slicing a snag after cooking the outside is also recommended for outdoor sausage sizzles. Sausages burnt on the outside and raw on the inside don't taste very nice.

The secret is in the batter. Never be tempted to use milk when making batter. Do not stint on the eggs.

Tasty Batter: mix eggs, flours and water into a pasty mix.

Warm the plates and don't forget the sprigs of parsley.

Simple Honey Chicken

chicken pieces or drumsticks
tomato sauce
barbecue or Worcester sauce
honey

Preheat oven to a moderate tempera-

ture. Boil chicken pieces for 10 minutes to remove as much fat as possible, then pour out fatty water. Place chicken pieces in shallow dish or on aluminium foil. Mix barbecue sauce and tomato sauce and a little water. Place in shallow dish for chicken to cook in so it doesn't stick to the pan. Now spoon tomato sauce over chicken pieces. Turn off oven and turn on grill. Grill until brown, then turn chicken pieces over and spoon honey onto uncooked area. Now grill this side until brown. Serve hot with vegies as a main course.



Banana And Peanut Fritters

When living in Africa I noticed the locals rarely ate bananas without peanuts. The two flavours complement each other. Even women in the marketplace would sell bananas with peanuts.

- 3 ripe bananas
- 1 sml jar peanut butter
- 2 cups SR flour
- 1 1/2 cups milk

Peel and mash the bananas. Mix in half a cup of peanut butter and stir in other ingredients until you get a smooth thick paste. Roll onto a floured board. Cut out cup sized circles and fry in hot oil.

Honey or syrup could be spooned on top as with pancakes. I just eat them with a dab of butter.

SOME HINTS

Soup Standby

The chopped up onion left from the biscuits can be thrown in a pot with the tomato pulp, plus any mashed potato or vegie leftovers. Add some stock cubes and you have a good base for soup. Always a good standby for winter.

Great Garnish

Mix together grated carrot, sultanas and shredded coconut with a squirt of lemon juice. Goes well with vegies, cold or hot (just a tablespoon).

Cooking Pumpkin

Don't strain yourself peeling pumpkins, cook 'em in their skins, like my mum used to do. They taste better and the skin is softer to cut after it's cooked.

For Tea Lovers

Earl Grey tea drinkers can mix a quarter Earl Grey leaves with Ceylon tea leaves. The Earl Grey flavour still comes out and it goes so much further.

Weight for weight tea bags cost 2 1/2 times more than tea leaves. Yep, you pay for the bag. Me, I use a strainer.

A CAUTIONARY VIEW ON HYDROPONIC FARMING

'As an extension specialist in vegetable crops, I've had numerous occasions to work with people who've invested in hydroponic farming systems for producing vegetables. Hydroponic farming is not an ideal system for producing vegetables. In fact, it is very intensive and not forgiving. When problems occur, they can quickly become big problems, often siphoning profits rapidly. Inexperienced growers often fail to recognise the advent of a problem until crop failure is imminent. With large investments in infrastructure and energy, there is much at risk. Pest management is a major issue for hydroponic producers, perhaps more so than field producers of vegetables. Pest populations can explode in hydroponic systems, leaving the producers to wonder what happened. Before anyone invests money, they better invest time to scrutinise the real problems of managing such a system. It requires much of the producer. Profit can be elusive.' (Bill Schoemaker, St Charles, Ill. in a letter to *Illinois Agri News*).

Reprinted from, *Farm Show*, Vol 20, No 2, 1996.

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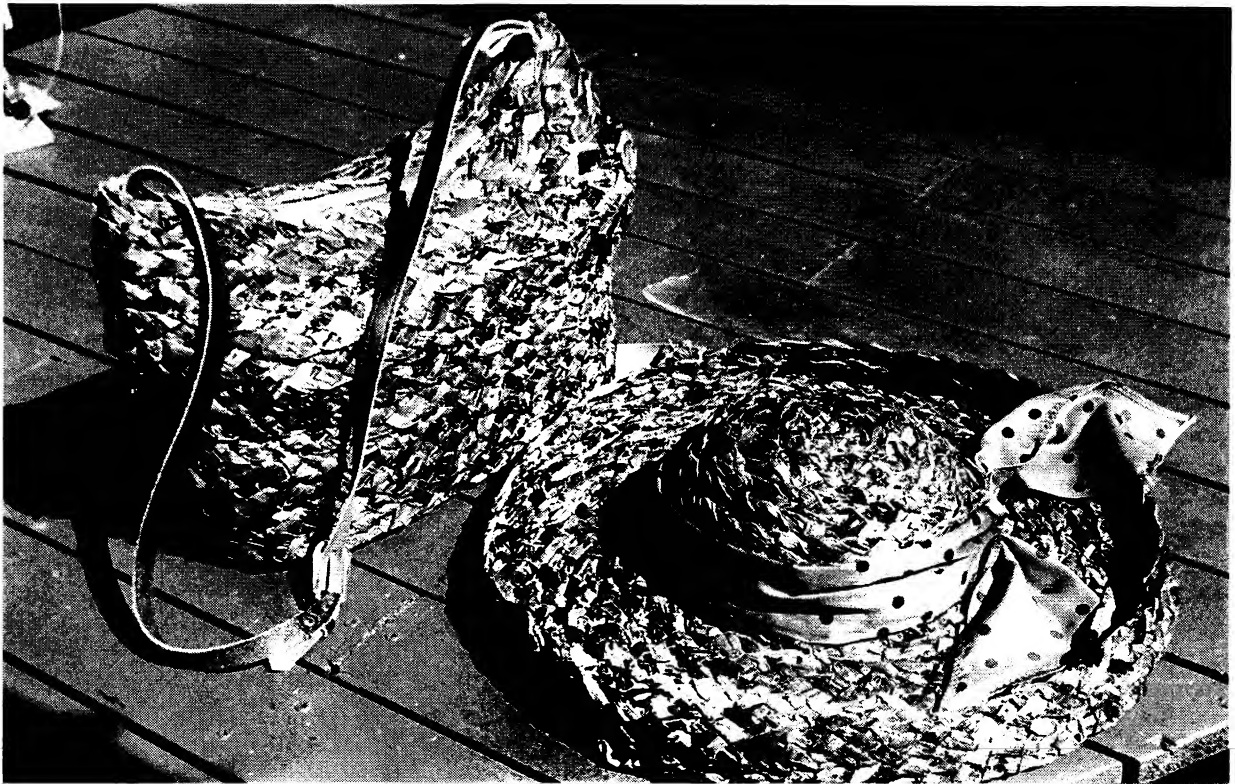
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CRAFTY BAG FROM BANANA TRASH

by Jose Robinson, Wild Cattle Island, Qld.



After I have cunningly rescued some banana trash from the compost, I first cut off the dried leaf top, then the thick but still juicy base part, which may be anything from just a few centimetres to about 10 to 20 centimetres. These parts certainly may be returned to the compost heap. Now I am left with a length of approximately one and a half to two metres or more, with a width of about fifteen centimetres. These I soak in a large drum of water for around 30 minutes. On occasions I've forgotten about them and left them soaking overnight, it doesn't matter, but if they are too wet they will need drying out a little before using.

For the next step I've made up a little tool, but a large thick needle or bodkin will do the job. My tool consists of a bodkin set into a bamboo handle, this makes the job easier to handle. Hold the damp banana trash in the left hand (see photo) and run the point of the needle down quickly from top to bottom about one or two centimetres in from the right-hand edge. That first strip can go to the compost heap. I often set aside these throw-away strips and use them later (damp) as tomato bush ties. They are

very strong. Now I make as many strips of about 1.5 centimetres as the piece of banana trash will allow, discarding the final raggy strip on the left-hand edge.

The still-damp strips are now made into a continuous four-strand braid. The flat braid is quite simple once you get the hang of it. For beginners, having your fingers in the right place at the right time helps (see photo).

With four-strand braiding, all the strands move, one at a time from only one outside edge to the other, weaving through all the other strands, always in the same direction.

The flat braid is one of the simplest and most versatile of all finger weaving. Right-handed people work from right to left. Left-handed persons may find it easier to weave from left to right.

THE BRAID

Step 1

Tie four ends of the banana trash together tightly. Holding the tied part with the left hand and with the right side towards your body, begin braiding by picking up the outside right-hand strand and weave it to the left. Over, under, over. It will extend beyond the work to the left.

Step 2

Pick up the next strand (now the outside right one) and weave it over, under, over, until it also extends beyond the work to the left – just below the first weft. (The weft is the weaver and the warp is the stretched out thread, or whatever, to weave on.)

Step 3

Continue this rhythm. When the second weft emerges at the left, weave the first strand (the top one) down, under and over. This strand has now become a warp again and takes its place beside its fellow warps. This is repeated for eight metres for the bag pictured.

To join in new strands of banana trash, simply lay the new piece over the old one, leaving about five centimetres sticking out the side, this is later cut off when braiding is completed. Joining in, is best done from one edge (I always use the right-hand edge) and the joins need to be staggered for each of the four strips, otherwise there will be weakness in the braid.

Step 4

When the required length of braiding is reached, it is necessary to flatten it while it is still damp. This is done with a



Using a homemade tool to rip down the banana trash into 1.5 cm wide strands.



Braiding with four stands of banana trash. Work from one side only, weaving each strand across in the same direction.

rolling pin (or bottle). Roll the braid on a smooth surface, such as a breadboard or a table. The rolling pin squeezes out any excess moisture and gives an even flat braid to work with. Now trim off any ends where joins have occurred.

METHOD FOR BAG

A good roomy bag requires about eight metres of continuous banana trash of four-strand braiding. The bag pictured measures 35 centimetres long and 20 centimetres deep. The coiling begins at the centre of the base, beginning with a loop of 22 centimetres and coiling around this for three circular rows.

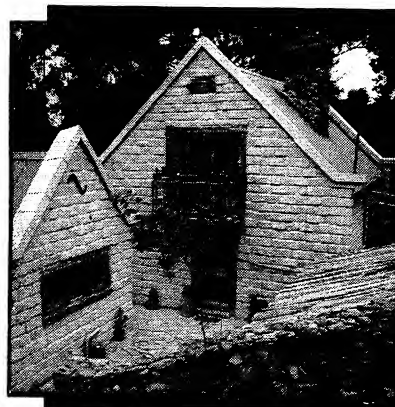
A flat oval-like base has now been formed. Natural raffia or linen thread may be used in a thickish needle to secure the coiling, using a back stitch or stem stitch.

The sides are worked in similar manner. If you wish a straight sided bag, then lay the first row after the base at right angles to the base and continue on up the sides. The bag pictured has sloping out sides, which required a little easing of each row to make the top measurement a little wider than the base. The completed bag is then lined with fabric cut and sewn to the inside measurement. In the bag pictured, I added a

zip fastener across the top. To do this I machine stitched the zipper to a piece of tan corduroy velvet each side. Then I closely hand-stitched the corduroy inside the top rim of the braided bag. This made a very firm and secure finish. A leather shoulder strap is then attached to either side of the bag on the inside. The stitching is hidden by the lining.

Many variations may be made for different shaped bags. Two round coiled flat pieces joined by a gusset make an interesting circular bag.

Hats too may be made from braided banana trash. Simply work from any raffia hat instructions.



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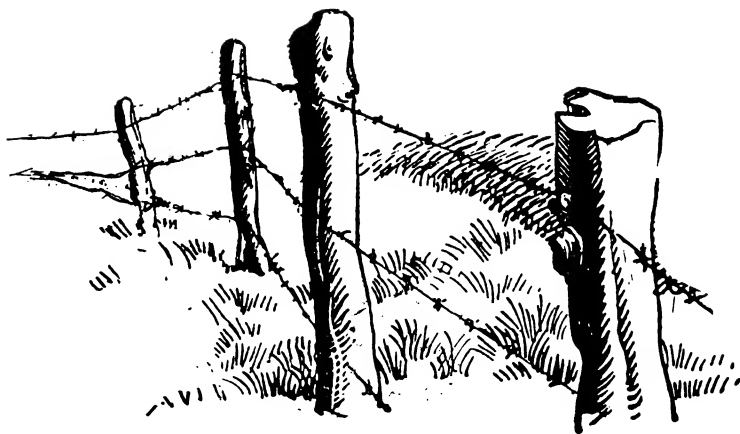
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FENCE REPAIR

PART TWO

by Tony Haines, Rivett, ACT.



In the last issue I discussed the sort of tools you would need and described how to replace stays, fence ends and split posts. This time I look at repairing or replacing the wire components.

WIRES

Plain and Barbed

The plain wires and the barbed wires need to be checked for any kinks, cuts, creases, rust patches (not surface rust) and bends. Barbed wire is made up of two wires twisted together, so check to ensure that one of the wires isn't broken. If any of these faults occur they will have to be eliminated because they weaken the fence.

Cut the affected area out. If the damaged section is close to the pickets make sure that you cut a couple of metres either side of the picket to give the knot room to move along the fence when it is strained. Thread the new piece through the holes in the picket.

The best way to join today's high tensile wires is with two loops that are

joined together. Crimp the wire when you cut it to save the cutting edge on your pliers and to save jarring your wrist. In other words, you only cut the wire halfway through then put the pliers next to the crimp or cut and bend the wire back and forth. It should only take a couple of twists of the wrist to break it. Make sure that you hold on to both ends of the wire so that it won't fly up and hit you in the eye or face. Stick one end in the ground, so that it is close by. Put your pliers about 25 mm down the wire and bend the short end over the pliers to form a loop. Then put the pliers across the loop to hold it in place while you wrap or tie the short end around the wire. Thread the other end through the loop and repeat.

Joining barbed wire is essentially the same except that you should cut the barbs off to make it easier to tie (see diagram 1). Make sure that you check the bottom wire well for rust and if it is covered with earth it will more than likely have to be replaced.

Mesh

Have a look at the mesh (wire netting, hinge joint or ringlock), to see if it's worth keeping. The older the fence, usually, the worse the condition of the mesh. Wire netting (no it is not called chicken wire) doesn't hold up very well over time, because the base of the netting is buried for rabbit proofing and will rust. Animals can't see it very well and will always run into it, ripping holes, squashing and bending the netting beyond repair. Your best bet is to kick the netting at the bottom, if it rips then it is rusted and will have to be removed. If it doesn't, it will be good enough, providing that it isn't squashed and bowed too badly. The damaged sections of netting can be replaced with patches. You can either put the patch over the damaged area or cut the damaged section out. Patches can go over holes, but squashed sections will have to be cut out; the same goes if the area is rusted.

Cut out the damaged section, working in a straight line, cut a piece of netting about 30 cm either side of the damaged section. Cut two pieces of plain wire, about 10 cm longer than the height of the netting. Put the new piece of netting up to the old netting, thread one of the lengths of plain wire through the holes in both the old and new netting. Thread down through every second or third hole in a straight line. Do this to the other side as well. Tie the tops of the join together to the old plain wire. Then lightly step on the bottom of the netting and tie down the join every few centimetres, making sure to put some ties in the piece of wire that was threaded through the join. Then tie along the middle wire and then the bottom wire.

Diagram 1: Fence Knot

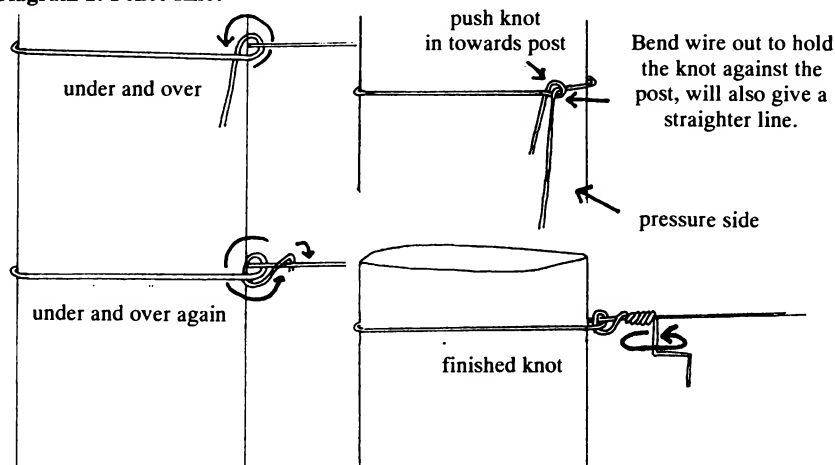


Diagram 2: Wire Netting Join

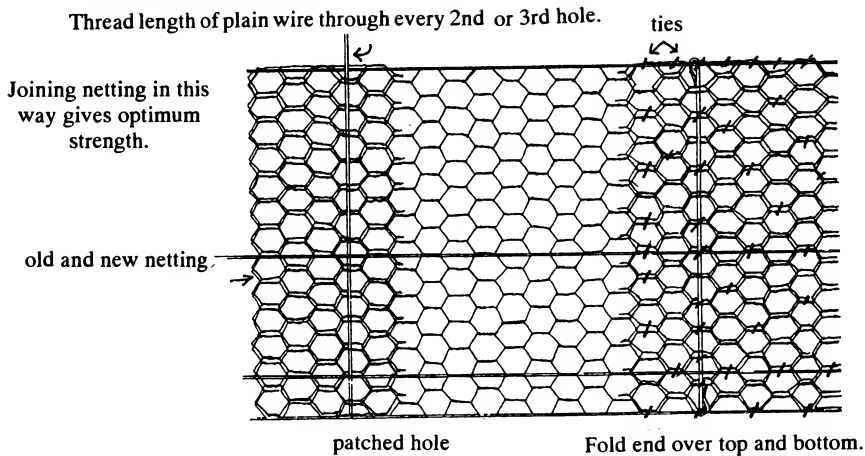


Diagram 3: The Difference Between Hinge Joint & Ringlock

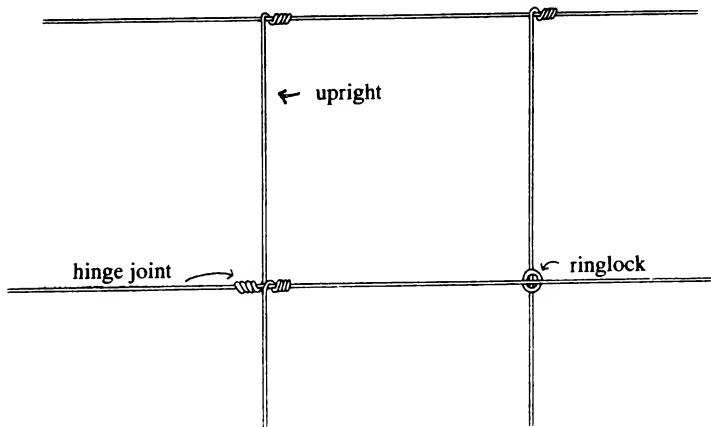
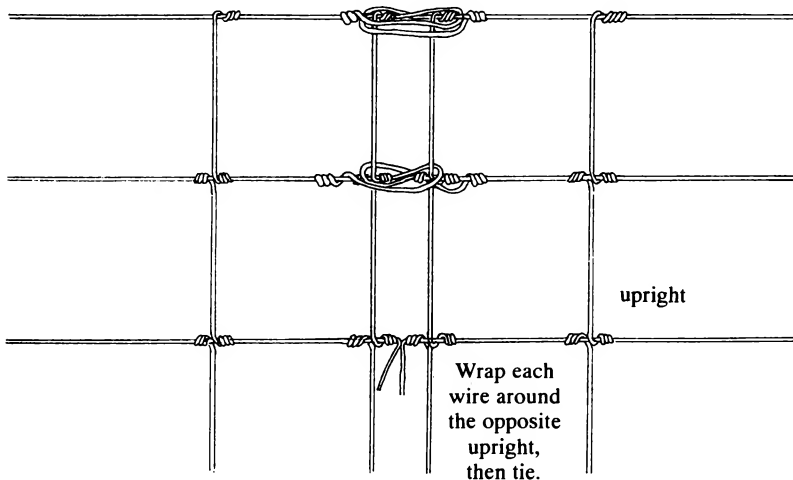


Diagram 4: Hinge Joint or Ringlock Join



You now have a join (see diagram 2). If you want to strain wire netting that has been buried you will have to dig up the buried section.

Hinge Joint and Ringlock

Hinge joint and ringlock (there is no real difference between the two except that the uprights are tied differently,

(see diagram 3), have a better life span than wire netting. Hinge joint and ringlock aren't buried because they are not suitable for rabbit proofing. Animals don't do the same sort of damage to it as they do to netting. There are bigger holes for the animals to push their way through, pushing aside the uprights rath-

er than ripping holes in it. The holes in hinge joint and ringlock can be repaired with pieces of 2.60 mm soft gauge wire, by just replacing the upright. To replace the upright, just copy the other uprights in the way they are tied. If you prefer you could replace any sections with a new piece of hinge joint or ringlock.

Joining hinge joint and ringlock if a section had to be cut out is different from joining wire netting. As they can be restrained, use the cut area to restrain it. You will need a pair of wire strainers, a bit of the hinge joint or ringlock, tie wire and pliers or nips. Strain each wire of the hinge joint or ringlock until fairly tight. There are two ways of tying off the strain; the best and easiest is to try and get the uprights together. This will mean that the strain will have to be the same for each of the wires. Once that's done you wrap the left wire around the right upright then back on itself. Wrap the right wire around the left upright then back around on itself. The other way is to wrap the left wire around the right wire and vice versa. Join the same way if there is to be more than one join, without straining the wires (see diagram 4).

STRAINING BARBED WIRE

If you feel that barbed wire is of some use to you and wish to re-strain it, the ties that hold it to the pickets have to be cut off. A wire netting fence has two strands of barbed wire and hinge joint or ringlock has only one. Once the ties are cut, strain the second barb on the netting fence first, so the two barbs won't tangle. Then (on hinge joint, ringlock and netting) pull the top barb out of the half-hole on top of the picket before straining. If there are any dips or gullies while you are straining the barb keep an eye on how high the barb gets above the low parts of the fence. The barb doesn't have to feel tight for it to be difficult to pull down to the low pickets and in the extreme case the barb could be high enough to be out of reach. So keep an eye on it and every so often go down to the low parts and put the barb on the higher pickets either side of the dip or gully, then pull it down to the low pickets. If it feels hard to pull down then it's tight enough. If the barb won't pull down then loosen the strainers a little. If the barb doesn't feel tight then take the strain up a little more. Once that is done the barbs will have to be tied to the pickets. The best wire for this is 2.60

mm soft gauge wire; alternatively you could use tie wire folded over twice. Put the top barb in its half-hole, then cut a length of the 2.60 mm wire 15 to 25 cm long (this is called a tie), double that for tie wire. It is easier if you cut a lot of ties and bend them beforehand, then it is only a matter of walking along and putting them in. Put the ties into the hole directly below the top half-hole. Put each end of the tie on opposite sides of the barb and wrap the tie around the barb in opposite directions. Use your pliers to take up any of the slack in the ties. Tie the barbed wire to the pickets that are in the dips or gullies first.

Next time I will tell you how to remove an old fence, preparatory to replacing it. If any readers have fencing problems they would like help with please write to: Grass Roots, Fencing Queries, PO Box 242, EUROA 3666.

CLEANING FILES

If a file works roughly it is usually because the teeth are clogged with filings. Clean the file with a steel bristle brush and paint it with olive oil. It will last longer, clog less readily and can be easily cleaned with a scrubbing brush or similar.

RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

Roberino tells us that he hasn't actually tried this idea, but offers it as a lifesaving idea to the boating fraternity. His own expertise in the water, he assures us, is limited to the tot's wading pool.

The silver coloured plastic bags which hold the wine inside a wine cask have a life saving use. Kept on boats as lifesavers they can mean the difference between sinking or surviving. Okay, everyone should wear a lifevest when in a boat, but we all know what actually happens. When a boat is hit by a big wave for instance, and quickly sinks there is no time to think and most people are quite stunned when they are in the water a long way from land and their boat is a long way down on the bottom of the ocean.

However, if you pack six wine cask bladders of four-litre size in plastic shopping bags (one bag per person) of the boat, you have a handy auxiliary life vest available.

Have one cask bladder half inflated to make sure it floats the shopping bag. Tie the valves securely together with

about 1.5 metres of plastic clothesline rope and check your knots with someone who knows their knots, half-hitches should do the job.

Place the plastic shopping bags in locations in the boat where they can easily float out of their own accord if the boat overturns.

The advantage of these silver airbags when you've inflated them is that being aluminium coated, radar beams bounce off them in darkness, daylight and fog so that search-planes can locate you. They are also highly visible, even at night.

Check them in action somewhere safe such as your swimming pool so that you know what to do in an emergency. In pitch darkness this could be valuable knowledge.

If anyone else has novel re-use suggestions for wine cask bladders, we'd love to hear them.

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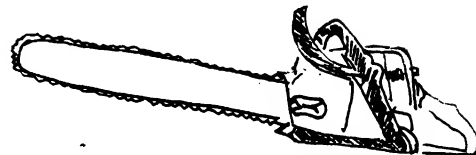
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A DEPENDABLE CHAINSAW

by John De Lange, Cooktown, Qld.



Having used chainsaws off and on for the last forty years, I must compliment Greg Baker on his excellent article in GR116 about troubleshooting chainsaw motors. However, it has been my experience that any two-stroke motor will let you down at some stage when most needed, no matter how well maintained, particularly when they have seen a fair bit of use at irregular periods.

My first experience with chainsaws was as a seventeen year old when I had an eight month stint with a professional logger in the Bundaberg/Gin Gin area. Our saws were one two-person monster with a six foot (1.8 m) bar and one with a 36 inch (90 cm) bar. Although both saws were well maintained and used daily, they could still be temperamental, causing time loss whilst the problem was located and rectified.


Since then two-stroke motors have become a lot more sophisticated and reliable, but also more intricate, need-

ing to be in good condition and finely tuned to remain dependable. Experience gained in both Australian and PNG bush and since settling on acreage near Cooktown in 1982 has indicated that although a lot of time may be spent using two-stroke chainsaws, a lot of time will also be wasted locating and fixing problems as they occur. Is there a solution? Yes. I have now used a chainsaw trouble-free for the last two years. The answer is a good quality electric chainsaw combined with a mobile generator set of suitable power.


I now use a Honda 4500 which was my first power supply before upgrading to a diesel gen-set and eventually mains power in 1991. The unit has a 10 hp four-stroke motor which still starts first pull every time. With this on the back of the ute and a ten metre heavy duty extension lead I have instant chainsaw power at the press of a button anywhere on the property.

Most folks moving onto acreage will start with a generator for power and lights plus a chainsaw for cutting timber for fencing, building etc. My recommendation is to forget about a motorised chainsaw and go for a good quality electric chainsaw with about a sixty centimetre bar and a portable gen-set for many years of trouble-free use.

Two more points in favour are one, a good quality electric chainsaw is much cheaper than a motorised one of equal bar size and two, it can be used direct on mains power anywhere within reach of a heavy duty extension cord. One word of warning, don't buy one of the cheapo electric chainsaws sometimes advertised by the large chain stores, as these are usually fitted with nylon gears in the drive train which do not stand up to heavy use. ☺



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SUGAR BEET

A SWEET ALTERNATIVE

by Nevin Sweeney, St Clair, NSW.

The basic idea of being self-sufficient is to produce everything that you consume from your own resources. In many cases true self-sufficiency is just not possible due to lack of time, land, or excess work, but in any case there is more to it than just fruit and vegies. So I decided that in my backyard I wanted to produce some of the staples that we use such as sugar, oil and flour, just to see if it was possible.

In Sydney where I live the climate is not hot enough for long enough to grow sugar cane and get a decent yield of sugar out of it, but in Europe they have been producing sugar for almost two hundred years using the humble sugar beet. So I decided to try the same trick.

CULTIVATION

The seed is available from Phoenix Seeds in Tasmania and according to the blurb sheet included with the seeds the beets can yield up to eighteen per cent sugar and should be grown as for standard beet. I sowed the seed much as I do for beetroot and into a similar position, but it seemed to me that the sugar beet took a longer time to grow to a harvestable size. I made no special provisions for the sugar beet, just sowed the seed and left them to it, but I think that a higher percentage of sugar would be obtained if the beets were nurtured.

According to the books, beets can be grown on most soils but do best on soils that are deep with good structure and are moist but well drained. (What wouldn't?) The soil pH should be between 6 and 7. The seeds should be sown 12 millimetres deep with a spacing of seven to ten centimetres between plants and 20 to 30 centimetres between rows. This is for commercial production, but in the truly fertile organic garden I think that some poetic licence could be used with these distances.

EXTRACTING THE SUGAR

The beets need to be harvested by pulling them out of the ground, then cutting off the green leafy tops which can then be composted, fed to livestock or eaten by yourself if you have a mind too. Now that you have your pile of freshly harvested beets the next job is to clean them up to remove the outside dirt.

To do this I first washed the beets off then scrubbed them with a toothbrush to remove as much dirt as I could. It was an interesting way to kill an evening, but it would get a bit tedious if a large amount were to be cleaned. An alternative

way would be to peel them but I knew it would be a few days before I would be able to process them so I elected to use the scrub method so that they would keep longer.

When the beets are squeaky clean the extraction can be started in earnest. Each beet is cut into slices about three millimetres to six millimetres thick across the 'grain' and then thrown into a pot, my four kilograms of beets filled a stainless steel four litre pot to just overflowing. Then I poured in one litre of cold water, covered the pot and applied the heat. The

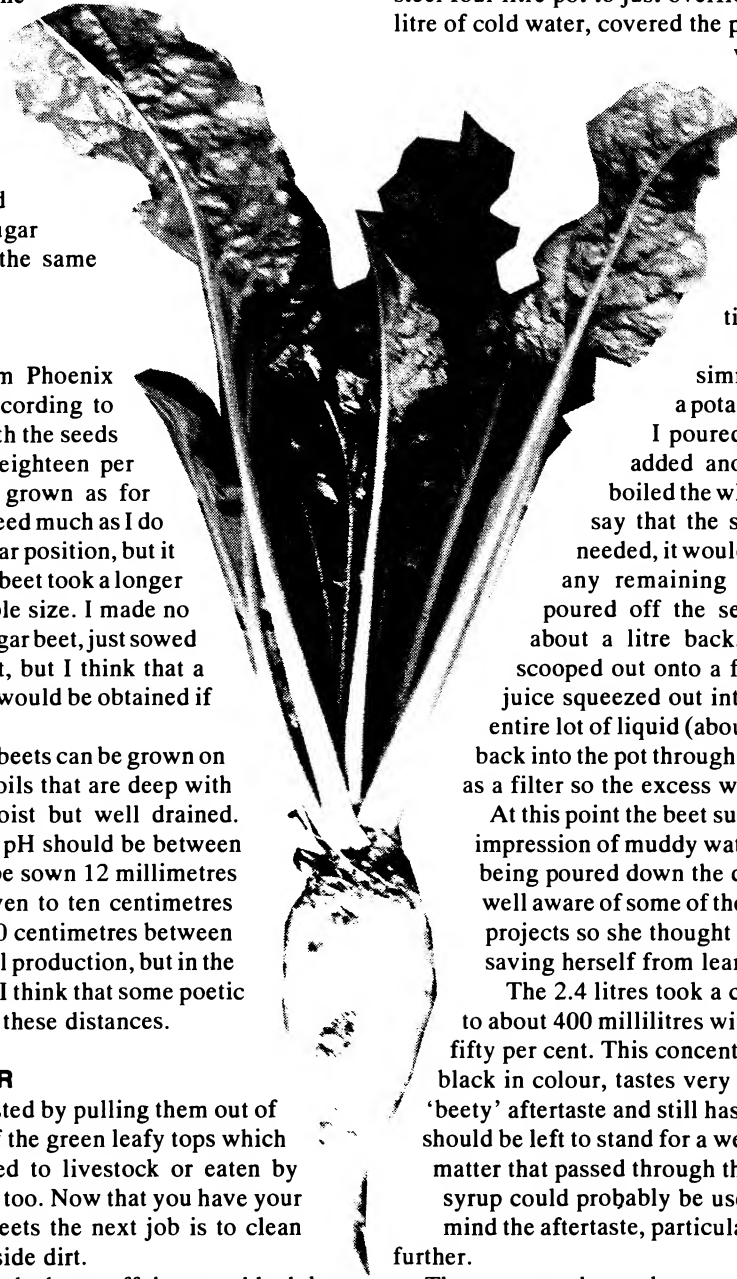
whole mess then proceeded to simmer for about an hour. While it simmered it gave off the penetrating odour of cooking beetroot, small surprise in that, but it did prompt complaints from some members of the family so be aware of possibilities in this area.

Once the beets had finished simmering I attacked them with a potato masher to release the juice, I poured off 750 millilitres of juice added another litre of water and re-boiled the whole lot. In retrospect I would say that the second litre of water wasn't needed, it would be better just to squeeze out any remaining juice immediately. I then poured off the second lot of liquid, getting about a litre back. The beet mush was then scooped out onto a fine cloth and the remaining juice squeezed out into the rest of the liquid. The entire lot of liquid (about 2.4 litres) was then poured back into the pot through four layers of the cloth to act as a filter so the excess water could be boiled off.

At this point the beet sugar solution gives a passable impression of muddy water and as such came close to being poured down the drain, fortunately my wife is well aware of some of the less palatable aspects of my projects so she thought she had better ask first, thus saving herself from learning some new words.

The 2.4 litres took a couple of hours to boil down to about 400 millilitres with a sugar content of close to fifty per cent. This concentrate is dark brown to almost black in colour, tastes very sweet but with a raw sugar/'beety' aftertaste and still has that distinct beety aroma. It should be left to stand for a week or so to let any vegetable matter that passed through the filter settle out. The sugar syrup could probably be used in this form if you didn't mind the aftertaste, particularly in cooking, or processed further.

The syrup can be made more palatable by mixing in some activated charcoal (available from chemists). 'Homegrown' charcoal would have a similar effect if ground up finely but would be less efficient so more would be needed. I added the



activated charcoal at a rate of three grams per litre of syrup then left it for 24 hours, then filtered it out. This is no mean feat as the commercial carbon is very fine and some particles get through several layers of even the finest cloth. There was a definite reduction in the 'beety' aroma and aftertaste though.

IMPROVING THE SYSTEM

It never ceases to amaze me how information on how to do something always turns up after the something is finished. Last night I was reading John and Sally Seymour's book, appropriately enough entitled *Self Sufficiency* (Faber & Faber 1984). On page 167, they say the following about sugar beet: 'To make sugar yourself, chop the beet up as small as you can, boil the pulp, run the water off, and boil the water away, first mixing lime with it and passing carbon dioxide through the solution. Unrefined sugar will be left as crystals.' Well, there you have it!

In hindsight and bearing the above comments in mind I think the following ideas would improve the quantity and quality of the end product.

- Provide the best growing conditions for the beet.
- Don't cut the beets up: grate them.
- Add only the minimum of water so there is less to remove during later



Angela Sweeney and her friend Mahony display a healthy sugar beet plant.

processing.

- Don't heat the beet sugar solution up too much, warm it rather than boil it, I think that too much heat caramelises some of the sugar, darkening the product and introducing a hint of bitterness.

- Try the lime/carbon dioxide method recommended by the Seymours.

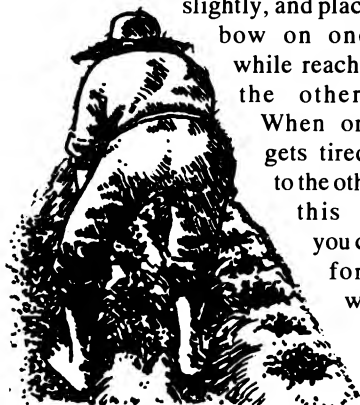
So I suppose that's it until next year when I'll have another go and see if I can produce a product that CSR would be proud of.

AROUND THE GARDEN

WEEDING POSTURE

When hand weeding in the garden, don't stand with your rump stuck in the air, legs straight and tense. Bend the knees slightly, and place one elbow on one knee,

while reaching with the other hand. When one hand gets tired switch to the other. With this method you can weed for hours without a back-ache.



Reprinted from *The Smallholder*, a Canadian newsletter exchanging ideas and information of interest to country people. For more information write to: The Smallholder Publishing Collective, Argenta, BC, Canada V0B1B0.

NEEM MACROPOD REPELLENT

A report from NSW claims that a vegetable grower successfully used neem contact spray to keep kangaroos and wallabies away from his lettuce and tomato crops.

SALTED GRASS

Sprinkling salt on grass growing between stones on pathways will eradicate it.

LONG LASTING MULCH

Place green weed or grass clippings into wooden banana crates or strong cardboard cartons and place about four house bricks on top to compact the mass. After three weeks, remove the bricks and lift out batts of matted grass. Put in position on soft soil, flood with water and press with your foot. Cover the whole bed leaving space around the stem of each plant.

ALL PURPOSE BUG SPRAY

Combine three hot peppers, three large onions and one garlic bulb in a vitamiser with enough water to cover. Whirr on full speed till all is mush. Let stand a day or so. Strain. Add water to make up to four litres. Use as a spray 2-3 times a day for a couple of days.



This mixture is strong so do not overuse it or crop damage may result. It can also damage skin and eyes so prepare and use it with care, and definitely keep away from children.

CLEAN UP THE CABBAGE PATCH

Dig up old brassica stumps at the end of the season, as they harbour overwintering pests. Bury them in the ground or deep in the compost.

A FOOLISH WISH

by Paul Dann, Mongarlowe, NSW.

I couldn't have chosen a worse place if I'd tried. An average annual rainfall of over 1000 millimetres, which comes in huge dollops, a hundred or so millimetres at a time, then nothing for months. Soils are either heavy clays suitable for bricks, or gravel great for road base, both laden with phytophthora root rot. Black wallabies, kangaroos, wild pigs, and wombats, delight in destroying the presumptuous planting efforts of a mere human. Temperatures fall to -12°C in winter. Perhaps worst of all are those sneaky late frosts in November and December, which decimate the fresh, hopeful-but-tender, shoots of plants which are otherwise cold-hardy. But I wouldn't swap it for worlds.

The place is Mongarlowe, about fifteen kilometres from the NSW Southern Tableland's town of Braidwood. Here, about 16 years ago, I became ensnared in a foolish wish to achieve a degree of self-sufficiency which I could make absolute if I wanted to. The heartbreaks and disappointments have been worth it all.

My place fronts the beautiful little Feagan's Creek. From the balcony of my owner-built house, cheap because of its recycled components, I, and friends, can contemplate a panorama of hillside dams, a charming little creek, and the sweeping skyline of the Buda-wang Mountains. Over these mountains, about 40 kilometres away, lies the sea. From the sea, to the south-east, massive cumulous clouds billow over the ranges on hot summer afternoons and cascade down the western flanks and crevices in veils of creamy lace, until the whole valley fills with soft cool mist. Enough of this sentimental sop.

The property covers 12 hectares, with a fashionable north-east aspect. From the highest ground at about 700 metres it drops 100 metres to the always-flowing Feagan's Creek. It's great to have a permanent water supply, but I've always disliked anything to do with pumping.

Adequate water is the number one requirement for approaching self-sufficiency, so over the years I built a string of dams high in the landscape. Some are spring-fed, others have small but ade-



quate catchments which feed into an old gold-mining race and thence into the top dam. Water flows from one dam to another, and finally into the creek.

The dams are so located that all but about half a hectare can be irrigated by gravity – no detestable pumping. I've extended this principle to the house design. The double-storey construction means roof water can be collected in an overhead tank, high enough to provide water under pressure to bathroom, kitchen and laundry.

I've never liked the wastefulness of sprinkler irrigation, so have developed a cheap system to apply water directly to the soil. This was done by drilling one millimetre holes, about ten centimetres apart, in 19 millimetre polypipe. Where there is enough head, I arrange the pipe, perforations down, above the garden; I turn on the tap, and I've created rain. Where pressure is low because of insufficient head, I lay the pipe along the rows, perforations up. With low-flow squirts of water about 500 millimetres high, little is wasted, particularly as the crop grows taller.

With the water supply and irrigation secured, the next challenge was to tack-

le the late spring frosts. Not being able to have artificially heated glasshouses (no mains power), or large fans to blow the cold air way from frost-sensitive crops, use of solar heating via heat sinks (soil and water) was the way to go.

For years I had tried to grow grapes in the open, but was never able to get the shoots up to the first trellis wire because of late frosts. So I excavated across the slope of a north-east hill a trench two metres wide and one and a half deep. (The spoil made excellent road base for use elsewhere.) Using old corrugated asbestos cement roofing I constructed a retaining wall in the trench, backfilled with soil, and planted grape cuttings. Discarded plastic from an old tunnel greenhouse glued to frames, two by two and a half metres, covered the trench, and irrigation was through a gravity-fed upside down soaker hose. The results were spectacular.

In the first year the trenches (sunpits, I call them) filled with lush growth. Subsequently, after annual winter pruning, bountiful yields of luscious heavy bunches of a range of grape varieties occurs every year. In the critical month of November, when ground temperatures drop to -3°C or so, it is always above freezing in the sunpit. The soil around the trench obviously acts as a sink for daytime heat, which is then liberated at night. The main problem so far has been wallabies dancing on the canopies and falling through.

Another substance which stores heat is water. I have made use of this principle in two ways.

As my dams never freeze over completely, it seems that much daytime heat is stored in the water. I made a floating island from a 2 x 1.2 metre fibreglass ceiling formwork with flotation from empty oil drums, filled it with soil, planted it with tomatoes, and pushed the lot onto a dam. At that moment my dogs started a fight and I turned around to swear at them. That done I turned back to the dam. No island! It had sunk. With more flotation added the idea works well, producing early tomatoes, and other vegies on a floating island secured by two ropes to the bank. I'd like to

boast that I motor out in a runabout to harvest the crop, but that would be pre-tentious. Access is achieved by hauling the garden to shore by one of the ropes.

The other way I use water for frost protection is based on a technique used by an ancient civilisation on the cold dry Altiplano, 300 metres up in the Andes. After having read an article in *New Scientist* magazine, I constructed beds about one metre high and two metres wide, and surrounded them with 30 centimetre deep water in moats. Again, this works well, preventing frost from forming in mid-spring. The moats and an adjacent deep trench contain yabbies and aquatic food-producing plants such as watercress and water chestnuts. Water seeping into the beds acts as subsurface irrigation, none being needed from the top. Nutrients from the house are fed as wastes into the moats, and returned to the house in vegetables, so it is approaching a closed recycling system.

There are now about four hectares of mixed fruit and nut orchard, to hopefully provide some future income. Hazelnuts, chestnuts, and pome fruits are the most successful types. Stone fruits are particularly vulnerable to late frosts,

bacterial wilt and phytopthera, but with a wide range of varieties there is usually some stone fruit. Several old-fashioned types scrounged from abandoned homesteads are fairly reliable, including what I think is a silver prune which produces fruit every year. Kentish cherries are also reliable, but strictly for the birds.

Berries of course do well: raspberries, strawberries, boysenberries, and currants perform every year. There may be some scope for selecting better types of a native raspberry which abounds in the area.

Potatoes – mainly Tasmanian Pinkeyes – come every year without replanting. Eventually the scab might get them, but I'll wait until this happens before I abandon the feral potato practice. Jerusalem artichokes produce in abundance every year, and their sunflower heads create swathes of yellow in autumn.

Other successful vegetables include parsnips, carrots, celery, wong bok and pak choy, beetroot, etc which suit my feral vegetable philosophy – let one plant seed and seedlings come up like weeds. It's hard to achieve a nice orderly garden this way, and the feral vegie

approach is probably an excuse for laziness. But who cares – it suits me.

An acre of sweet corn and some pumpkins and Jerusalem fit into the short summer growing season and provide income, and tomatoes make it every year. But other summer growers such as capsicums, egg plants and melons aren't at all enthusiastic.

A pair of geese multiplied to over twenty, providing poultry meals (for humans) in the process, until eaten by a fox. When I'm organised I'll start again, with fox-proof pens for nighttime. Legume-based pastures are establishing among the trees, and when these (the trees) are big enough I'll introduce sheep for meat and milk.

My owner-built house used a lot of recycled materials, resulting in an all-up cost of between \$25,000 and \$30,000. Three solar panels provide stacks of power, stored in \$80 worth of ex-Telecom batteries, and run lights, radio and television. For back-up 240 volt power there is an old 1KVA generator. Hot water comes from a second-hand Ever-hot stove, the oven of which, because of all-round heat radiation, produces the best bread and roasts imaginable.



The owner-built home is solar powered and has a dam in front of it.

I have avoided the common overcapitalisation which often occurs on small area farms where expensive machinery is purchased which might only be used several times a year. (Although this can be justified if the owner gets pleasure out of playing around with machinery. There is more to life than rational economics.) Some years ago, I bought a Chinese Dong Fen walking tractor, cheaply. This brutal 12 horsepower diesel-powered machine is basically a mechanical bullock for Chinese peasants, and has attachments for rotary hoeing, plowing and slashing. It can also tow a trailer. For primary cultivation it is almost unstoppable.

An ancient five horsepower tiller does smaller cultivation jobs, as do the usual range of hand tools. An even more ancient sickle-bar mower, powered by a

vintage Villiers motor driving through an old motorcycle gearbox, complete with kick starter, is a source of pleasurable frustration, but can handle acres of tall grass in a day. Lighter mowing is done with a beat-up rotary mower, fitted with flat blades so that it cuts as well when pulled as it does when pushed.

The big jobs – dam sinking, roads, ditches, etc – are done by friends, neighbours or contractors with dozers, loaders and backhoes. I have always had very fair dealings with these people. I think some of them like to come out to do the work because of the weird things that go on here.

Fish and yabbies stock the dams and provide protein and sport. I can stand on my balcony in my pyjamas and cast into the northern dam for a brown trout or into the southern dam for a rainbow –

and there's breakfast. In the creek are eels which I spear at night, with a spotlight. I can recommend four kilograms of smoked eel as a generous supply of gourmet food in one piece.

So, all-in-all, developing this Feagan's Creek property has been pretty rewarding. Through various adult education groups, TAFE, schools, universities, garden clubs and so forth, I've had the privilege of sharing my experiences, good and bad with over 1500 visitors. In retrospect, I know now that the initial mistake in selecting this block has been well worthwhile.

A workshop at Paul Dan's property will be held on April 20th, with another planned for October. For details, ring Elizabeth Waddell Ph 06-226-2223.



The Permaculture Garden

EGYPTIAN TREE ONIONS

by Dave & Sandra Cooper, Bumbaldry, NSW.

The Egyptian tree onion (*Allium cepa proliferum*), ever heard of it? Of all the onions available it is without doubt the easiest to grow, because next year's seed is produced on top of the plant. No more messing with delicate seedlings. It is a very good keeping onion, but not a large onion.

To plant out, prepare ground as with all onions and sow mid-winter or the same time in your district as all onions. Pull off individual onions that grow on top of the cluster, plant root end down (the end where bulb was attached to cluster). Plant approximately half to three quarters the depth of the bulb below ground level. Allow about 23 centimetres in each direction in the bed. Water well to start bulb off, then according to their needs.

Your onions will be ready to harvest when the seed heads fall over and the seed stems dry out (in most districts about January). You of course eat the bulb that grows in the ground. Store for winter as with other onions.

Collect all the little seed heads that have been produced (next year's seed), about ten per onion. Store them in a safe place, away from rodents. Do not store in plastic bags as they collect condensation and sweat, causing all seed to go mouldy. Paper bags or foam or card-

board boxes are okay.

With cooking of these onions, follow directions as with ordinary onions. Use in salads, casseroles, soups, stews, pickles. I would class these as medium strength onions.

If, after a couple of years you find that you are getting too many seeds why not try pickling them! Here is the *Womans Weekly* recipe for doing just that!

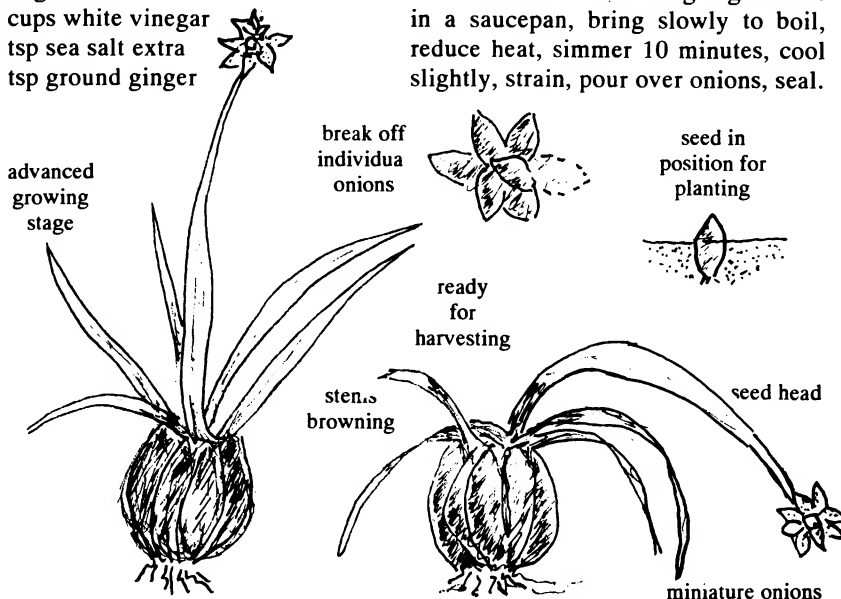
Pickled Onions

2 kg sml onions
750 g sea salt
5 cups white vinegar
4 tsp sea salt extra
2 tsp ground ginger

1 1/2 tsp whole allspice
1 1/2 tsp whole cloves
2.5 cm cinnamon stick
6 whole peppercorns

Place unpeeled onions and 750 g sea salt in large bowl. Add enough water to cover. Stand two days, stirring occasionally. Drain liquid, peel onions. Cover onions with boiling water. Stand three minutes, drain. Repeat this boiling water and draining process two more times. Pack onions into hot sterilised jars.

Combine all remaining ingredients in a saucepan, bring slowly to boil, reduce heat, simmer 10 minutes, cool slightly, strain, pour over onions, seal.



ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

THE EXPLORER PUMP

The Explorer is 100% made in Australia and designed with this country's harsh environment and its isolation in mind. As it has no water seal or stator, the Explorer pump will run dry without damage. This is very important when pumping from remote sites or with fluctuating water levels where other pumps can break down. It is also the only pump that will pump a high head over a long distance with solar power. The Explorer is distributed by Riverina Bore Pumps which tries to use renewable energy wherever possible in its installations. RBP also carries the Mondesh corrosion-free bore pump for bores or wells deeper than 6m. This was developed for UNICEF because of the need for a maintenance-free reliable pump in underdeveloped countries. Its main features are its simple, DIY installation and no corrodible parts.

Riverina Bore Pumps, 'Killeneen,' COROWA 2646.
Ph/fax: 060-353-824. Mob: 014-400-955.

THE GEL BATTERY

Deep-cycle gel batteries are more expensive than wet cells but pay for themselves by easily outlasting them, especially in tough conditions. They are the top selling battery in SA and the NT and can last for 6-7 years in a solar application. Because the chemicals are in a gel, there is no acid level to check or top up, no problems with leaks and no worry about corrosion damage. (The batteries are completely sealed and will not leak, even when upside down.) They can sustain deep discharges without damage, last a much higher number of cycles than wet cells, and have a low discharge rate.

Bee Technical Services also stocks low cost, high quality battery chargers for use in remote power supplies. The company services and stocks parts for electric vehicles so has much expertise in battery charging technology.

Bee Technical Services, 23 Broderick St, Camperdown 2050.
Ph 02-9953-0303.

LAUNDRY BAG AND FRAME

Australian made in country Victoria, the laundry bag and frame is made of washable cotton with a draw string and carry straps. The frame is plantation pine finished in natural oil or Baltic stain. They also make a handy, fold-up, mobile clothes dryer which can be used in summer or winter to dry or just air the clothes. Further info from:

Pelican Trading, 7 Progress Rd. LOCH SPORT 3851.
Ph: 051-460-455, fax 051-460-840.



THE MANTIS TILLER-CULTIVATOR

The Mantis tiller-cultivator is a small, light mechanical garden tiller. Weighing less than nine kilograms, and powered by a two-stroke engine, it is powerful enough for the toughest soils, yet can be easily manoeuvred in the veggie patch or lifted over the beds. Its unique curvy tines spin at up to 240 rpm, tilling to a depth of 25 cm, turning hard ground into garden and, at the same time, incorporating compost or mulch. The Mantis has a warranty of two years and the tines have a lifetime guarantee against breakage. Recommended retail price is \$690. Also available is a range of other attachments such as a planter-furrower and border-edger.

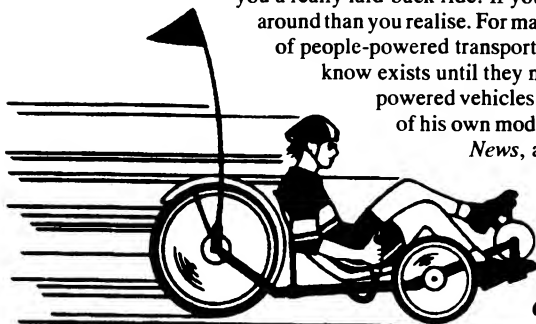
Robert or Margaret Herbst,
Romsey Country Gardener, Ph/fax 03-5429-5229.

RECUMBENT BICYCLES

Some may ask 'What on earth is a recumbent bicycle?' 'Well, I suppose you could say that the recumbent is a type of bike that gives you a really laid-back ride! If you haven't heard of the recumbent before you are in for a surprise – there are more of them around than you realise. For many, they open the door to an interesting and exciting world of variation in the art and science of people-powered transport. Indeed, there is a rich and fascinating culture in the world of bikedom that many do not know exists until they meet someone like Ian Sims at Greenspeed. Ian makes recumbent bikes, trikes and human powered vehicles (HPVs), and most importantly, sells catalogues. These contain not only colour illustrations of his own models, but all types of different cycles from around the world. Then there's *Recumbent Cycle News*, as well as Ian's free book, parts and model lists.

If you like the idea of cycling and are just waiting for the opportunity to start, Ian can help. If you would also like to read about the world's most interesting backyard inventions, then best to start here for a really interesting read that will draw you back again and again.

Ian Sims, Greenspeed Recumbent Bikes, Trikes and HPVs,
69 Mountain Gate Dr, Ferntree Gully, 3156. Ph. 03-9758-5541, fax 03-9752-4115.





DOWN HOME ON THE FARM by Megg Miller.

At this time of year the shelves in my fridge groan under the weight they are asked to carry. Saleable eggs, of course, must be kept refrigerated because of the hot weather. The number of cartons multiply alarmingly as the eggs await collection, taking over one shelf and then another. But it is the vegetables that really take up all the space – tomatoes, peppers, eggplant, squash and the dreaded zucchini get jammed in any which way until they can be used. A cursory glance into the fridge shows the fruits of the autumn harvest are manifold.

Alas, I cannot take credit for this colourful cornucopia. A meagre yield has been gleaned from my garden, an acute water shortage over several weeks putting paid to any visions of plenty. No, much of the produce in the fridge results from the other sort of harvesting in life – what you sow you shall reap, or the practical acknowledgement of kind acts and exchanges made in the course of everyday living. I refer to the sort of neighbourly activity that was commonplace when I was a youngster and which I'm sure motivated my father to sow extra seed in the vegie patch and led my mother to bottle in excess of the family's needs. In our house there was always a small surfeit to give away.

This sort of simple exchange is still very much alive amongst my acquaintances. A bottle of plum sauce was bestowed by a neighbour and her daughters when they came to collect chicks to go under a broody hen. Fresh honey and a sack of vegies resulted from lending chooks to some garden enthusiasts for an open day. A luscious fruit cake and an array of little gifts were borne by a lovely family when they came to choose poultry for their menagerie. And I always come away with a supermarket bag of vegies when I stop off for coffee at friends who share my interest in a local service club.

These tangible expressions of good will are gratefully received and used, and when appropriate I return the compliment. But what I really like, and find immensely enriching, are the whimsical associations that linger with the cache. I'm reminded warmly of Neil as I stir his redgum honey into my coffee. The

plum sauce and apricot jam came from Margaret – gosh, I'd forgotten, I promised to visit and see their new pig. The apricot jam will be just perfect for using in Lucy's recipe for Italian biscuits. If I make a few extra I can try them on Domenic, another Italian friend. The clean jars that tumble out when I open the cupboard door remind me I must get some empty bottles back to Deborah and Gareth, they might be wanting them to hold their autumn harvest. Other friends who have shared gifts from their garden come to mind as I stir-fry my dinner or cook up produce for the freezer, using still other friends' recipes. What a rich and rewarding process a network like this can be, and how barren by comparison the act of opening a generic tin of tomatoes!

I suspect the loss of this simple neighbourly exchange is an aspect of modern living experienced by many today. I had taken the informal infrastructure and benefits I receive for granted until pulled up in my tracks by a comment recently. My visitors were in their golden years, very comfortably off, the gentleman successful in his profession. A much desired move to the country allowed for a backyard flock, and so poultry was the purpose of the visit. The gentleman asked to see the vegie garden, confiding that although new to country living he

couldn't wait to establish a garden and grow vegies so he had something to give away. This clearly meant a lot to him. After packing the pullets in their roomy boot, I quoted the price; and quickly the wife replied, 'They're too cheap, you'll never make any money.' 'They return to me far more than money can buy', I retorted, and was rewarded with a fleeting glance of recognition from the intending vegie grower.

With the weather we've endured this summer it is just as well there have been blessings like honey, sauce and jam. It has been so, so hot and such a struggle to keep poultry alive, let alone provide a comfortable environment. Some weeks the thermometer didn't drop below 30°C. One day when the temperature peaked around the 40°C mark, I suffered a migraine and all I could manage was to fed and top up water in the morning then return to bed. Fortunately, the headache soon passed and by mid-afternoon I was well enough to visit some sheds and disperse buckets of water on the litter. Despite this the toll that night was a dozen dead, whilst no losses occurred on the days when I got up early and wet down the sheds in anticipation of a heat-wave. Such a contrast really highlighted the importance of management – you don't always value it until trouble occurs.



The geese approached the use of the pond in an orderly manner, note the waiting line at the back and the refreshed birds in the foreground.

Need I add that while the February temperatures soared the farm pumps chose to play up. One pump lifts water from a bore and pipes it down to the dam. Thirsty birds, thirsty plants and a high evaporation rate lowered the dam level alarmingly, but no joy from the pump. A new motor, replacement of the other parts plus a crash course in the intricacies of gate valves has resulted in a healthier water level in the dam. A second pump is used to bring water back up to the garden and around the poultry sheds. The foot valve on this rearranged itself one hot day so I had to wade into the dam and reposition it, and then patiently fill the connecting pipe with water and bleed out any air blocks. Grr..... Suffice to say I perform all such activities with very bad grace. I dare say such irritations are character building. Actually, I'm content to live with my flawed temperament and settle for a couple of reliable pumps!

The shortage of water created by the perverse pump was disastrous for the veggie crop. Not wishing to jeopardise the welfare of the livestock, I had to prioritise the dwindling supplies and turn a blind eye to the needs of the garden. As ever the strongest survived, and one has to be philosophic and focus on this, but I do regret losing most of the sweet corn crop. I say most as the last row or two planted – those with the multi-coloured cobs – responded to the water shortage as merely a setback and I have some tasty meals to look forward to in the forthcoming weeks. Piggy, meanwhile, is enjoying the spoilt cobs from the discarded crop.

Like the poultry, Piggy needed extra care during the very hot weather. I would have liked to allow her access to the waterfowl pond, but with the water shortage it contained only sufficient to meet the poultry's needs. A few buckets of water dispersed over her hollowed out bed created a cool spot, and she nosed the soil around to gain maximum benefit. Visiting to refresh the bedding one afternoon, I found the pig asleep but surrounded by countless young chickens scratching around or lying in the cool soil alongside her. I'm constantly amazed by the affable nature of this huge creature, who appears content to share her bed day and night with poultry. Several evenings I was late locking the fowls up and the chickens had moved into the back of piggy's house for safety. Initially I was aghast and tried to

relocate them but there was no evidence to suggest this half-tonne pig squashed any or added to her supper. I can tell you 20-30 half-grown chicks snuggled in behind a fat, hairy pig is an amazing sight.

The geese and handful of ducks were stoic about the water restrictions and had to line up to use the pond. Their courteous behaviour to one another was remarkable. Last year's hatchlings are still running with the adult goose flock, boosting numbers to close on 70 birds at the moment. With orders waiting to be filled, I decided recently it was time to sort through the flock. Geese can be sexed successfully on voice, the deep bullfrog comments coming from the females and the higher, rather shrill calls from the males. It is difficult to distinguish any sound with anxious geese milling around so I opted for the more exacting vent inspection. Half a dozen vents later I decided I was definitely an amateur and sought advice from the Livestock Page of GR. My *Grass Roots* in one hand and an upside down goose between my legs I followed my own directions and achieved moderate success. I now have a big bag of leg bands, blue for boys and white for the girls. I also have one of those natty cap lamps that fit on your head. I used to have to rely on having someone here to help me, to hold the torch at least, but now I can pursue this engrossing task at will. Saturday nights will never be the same!

As I write this column the mellow ambience of autumn is settling upon the countryside. The days are a little shorter, the nights welcomingly cool. The dog greets me of a morning now with a spring in her step. Soon there will be a real nip in the air and the deciduous leaves will dry and fall. For the time the only falling matter I'm concerned with is the abundance of feathers that are shed annually in autumn. They're an eyesore on the ground but tricky to rake and collect. And no sooner have you picked up over an area than a gust of wind lifts up a new bunch and scatters them everywhere. What's needed is a good fall of rain, once soaked they disappear into the loose topsoil and quickly disintegrate.

Surprisingly, not everyone sees them as rubbish. Visiting children collect them with a passion and craft folk regard them with awe. If I had good marketing sense I would see the potential in this 'crop'. Thank goodness there are only seven days in the week!

PENPALS

Hi, my name is Sarah and I'm 13 years old. I am looking for penpals aged 11 to 15. If you like collecting things, exchanging things, writing letters and reading, write to me.

Sarah Fussell,

C/- PO Box 242, EUROA 3666.

Hi, I'm Ami. I'm a sixteen year old looking for penpals aged between 12 and 20, male or female, any nationality. I enjoy singing, juggling, drama and playing guitar. My tastes are fairly broad-ranging, that means I'd like to hear from a broad range of people, so even if you don't share any of these interests write anyway. We must have something in common!

Amy Lister,

C/- PO Box 242, EUROA 3666.

Hi, I'm looking for penpals from anywhere and everywhere. I am a 21 year old female with two small children. I love gardening, herbal medicine, wicca, reading, writing, listening to music, astrology and generally trying to be as spiritual (in the 'earthy' sense) as my practical Taurean side will let me be. I love to be surrounded by trees and to curl up with a David Eddings book when it's raining. I enjoy being a mum, but that isn't all that I want my life to be. I'd love to be self-sufficient food-wise, but also help other people with their spiritual journeys.

Mia Porter,

Lot 2 Days Rd, COOMERA 4210.

I'm 53, married, with many interests. Love quilting and patchwork, gardening, reading, classical music and opera, also write to a few overseas penpals. I would like some from all over Australia. Live in the country and enjoy the peaceful but busy lifestyle. Any age or nationality, I am not biased, religious or racist!

Vera Jeffs,

PO Box 378, KAPUNDA 5373.

Hi, my name is Sophia. I'm 13 years old and I'm looking for penpals of a similar age, female or male, any country. My interests are music, reading, writing to penpals, drawing, and I just love animals.

Sophia Alste,

C/- PO Box 242, EUROA 3666.

Continued from page 48.

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Recent Releases

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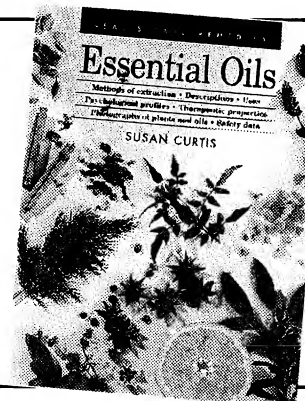
★ FEATURE TITLE ★

ESSENTIAL OILS – Susan Curtis

Essential oils have been used by many different cultures in a variety of ways – as medicines, in ritual worship, and as cosmetics and perfumes. These complex substances are made up of many components which combine to provide unique physiological and psychological profiles. This book looks at the properties of essential oils, the methods by which they are extracted, stored and applied, and their uses. Profiles of the 42 main essential oils used

in aromatherapy are provided, with information on the origin of each, its traditional or historical uses, method of extraction, and how the oil may be used to treat ailments or improve wellbeing. The third section of the book considers how oils can be blended, with recipes for favourite blends. The information is easily accessed, with accompanying colour photographs.

P/b, 144 pp, Lothian. Ph: 03-9645-1544. RRP \$24.95.



MEDITATION PURE AND SIMPLE – Ian Gawler

The author recovered from bone cancer in 1978 using meditation as part of a self-healing programme. Since then he has led meditation and cancer support groups and has taught teachers of meditation. The book promises that the techniques needed to meditate successfully can be easily learnt by following the guidelines. As you follow each chapter, you learn how to prepare for meditation, how to relax physically and calm the mind, how to relax quickly and deeply, how to enter the silence, and then how to put the preparation and practice together.

P/b, 142pp, Hill Of Content. Ph: 03-9662-2282. RRP \$16.95.

FARM MANAGEMENT – John Mason

Useful as a resource for students, and as a broad overview for farm managers, this book provides information on the areas needed to be considered in farming. These areas include not only the management of livestock, pastures and crops, but consider also management of staff, finances, marketing, water and equipment and materials. It provides a good starting point from where you can pinpoint the areas that you can research in greater depth.

H/b, 166pp, Kangaroo Press. Ph: 02-9654-1502. RRP \$29.95.

ALTERNATIVE MEDICINE: WHAT WORKS

– Adriane Fugh-Berman

The number and range of alternative medical therapies make it very confusing in deciding whether to pursue a particular therapy or not. This book sets out to answer the question 'Does it work?' by reviewing hundreds of scientific studies on dozens of treatment modalities. Instead of vague generalities and anecdotal evidence, scientific evidence is provided to prove that many alternative therapies are effective, and it also points out when they aren't. Comprehensive, easy to read, an interesting resource book for medical practitioners and lay people.

P/b, 255 pp, distributed by Boobook Publications. Ph: 049-970-811. RRP \$13.95.

LIFELONG HEALTH – Dr Mark Florence & Russell Setright

The aim of this book is to show how the general health of the elderly can be improved by preventative medicine techniques, and how adoption of these techniques by people of all ages can ensure a long and healthy life. The authors explain why we become ill and how our immune systems protect us from disease. They then give information on diet, dietary supplements, exercise and stress control. The final part of the book is an A to Z guide to preventing major degenerative diseases. There is a useful glossary of terms, and, being written for Australians, the directory has relevant addresses and brandnames.

P/b, 312 pp, Hodder Headline. Ph: 02-9638-5299. RRP \$24.95.

PLANTS THAT NEVER SAY DIE – Jackie French

If you want a garden that is filled with plants that can survive even the toughest conditions and the greatest neglect, then this is the book for you. Planting and cultivation tips are included with the lists of tough plants divided into sections for surviving: neglect, the cold, dry areas and drought, wet feet, salty soil and harsh winds and the shade. The range of plants includes native shrubs, herbs, fruit and vegetables, flowers and bulbs, trees and groundcovers. Another in the Lothian Australian Garden Series, it is a valuable addition to the home library.

P/b, 64 pp, Lothian. Ph: 03-9645-1544. RRP \$12.95.

NATIVE GRASSES IDENTIFICATION HANDBOOK FOR TEMPERATE AUSTRALIA – Meredith Mitchell

Native grasses are those grasses that occurred in Australia before European settlement. Many are perennial, deep-rooted and tolerant of acidic soils. They may play a role in helping solve the problems of water erosion, induced soil acidity and dryland salinity. This handbook assists land managers in the identification and management of native grasses. Each description includes distinguishing features, management tips and detailed colour photographs. The book's spiral binding makes it convenient to use in the field.

P/b, 38 pp, Agmedia. Ph: 1800-800-755. RRP \$14.95.

THE GOOD BUG BOOK

– edited by Roger Broadley & Michael Thomas

An important element of Integrated Pest Management is the use of biological control. Predator and parasite insects are available from insect laboratories and this book contains the information needed to manage them successfully. Topics include descriptions of each beneficial organism and its lifecycle, illustrated with colour photographs; pests controlled; suitable crops and environments; how to handle and manage them before, during and after release; cultural practices that promote establishment; and compatibility with pesticides.

P/b, 53 pp, Bio-Protection P/L, PO Box 35, Warwick 4370. Price including postage is \$25.

PAINT RECIPES – Liz Wagstaff

With a plastic, wipe-clean cover, this book is designed to be a practical guide to colours and finishes. It details a range of finishes including ageing, borders, spatter, crackle, marbling, verdigris, tortoiseshell, gilding and stencilling. The recipes and techniques for these are easy to follow, the presentation and photographs serve as inspiration. Do not, however, be confused by the title. This book does not describe how to make paint, but how to achieve different effects using conventional paints as the ingredients.

P/b, 192 pp, Harper Collins. Ph: 02-9952-5000. RRP \$29.95.

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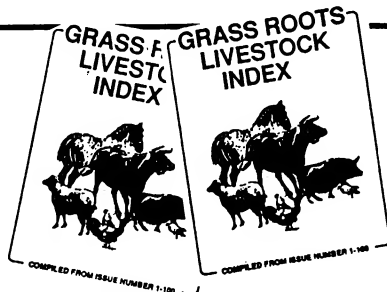
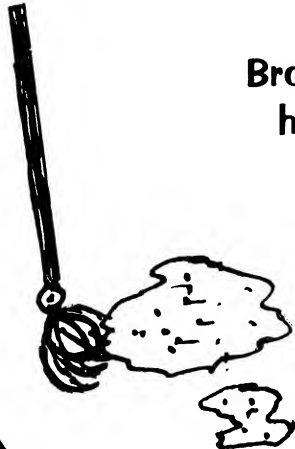
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POETRY

SEASONS

*Autumn slowly dances by
On fallen yellowed leaves
Warmed by pallid sunshine
And scattered by the breeze*

*In quiet hours of silence
Engulfed in seasons change
Leaves brushed with hint of crimson
Shades of a tawny range*

*Wind filtered by the branches
Song of a bird in flight
Lengthened shadows creeping
Nearing the hours of night*

Jean Opperman.

COUNTRY TRAVELLING

*Wheels are pounding through corners over crests, dust is rising behind
A car driven on a country road pot-holed, rutted, tree lined.
And around the bends, through gullies, where gums and wattles stand
A cloud of dust moves up and out, drifting over the land.*

*But gravel, holes and stony road, dust carried overland
Are lost to the tune on a radio, with a country music band.*

*And from the narrow winding road as the country traveller comes
Tyres kick up the loose stone, dust rises between the gums
As wheels roll through sharp corners they are pounded by the blows
Of the holes and ruts across the track of the outback country road.*

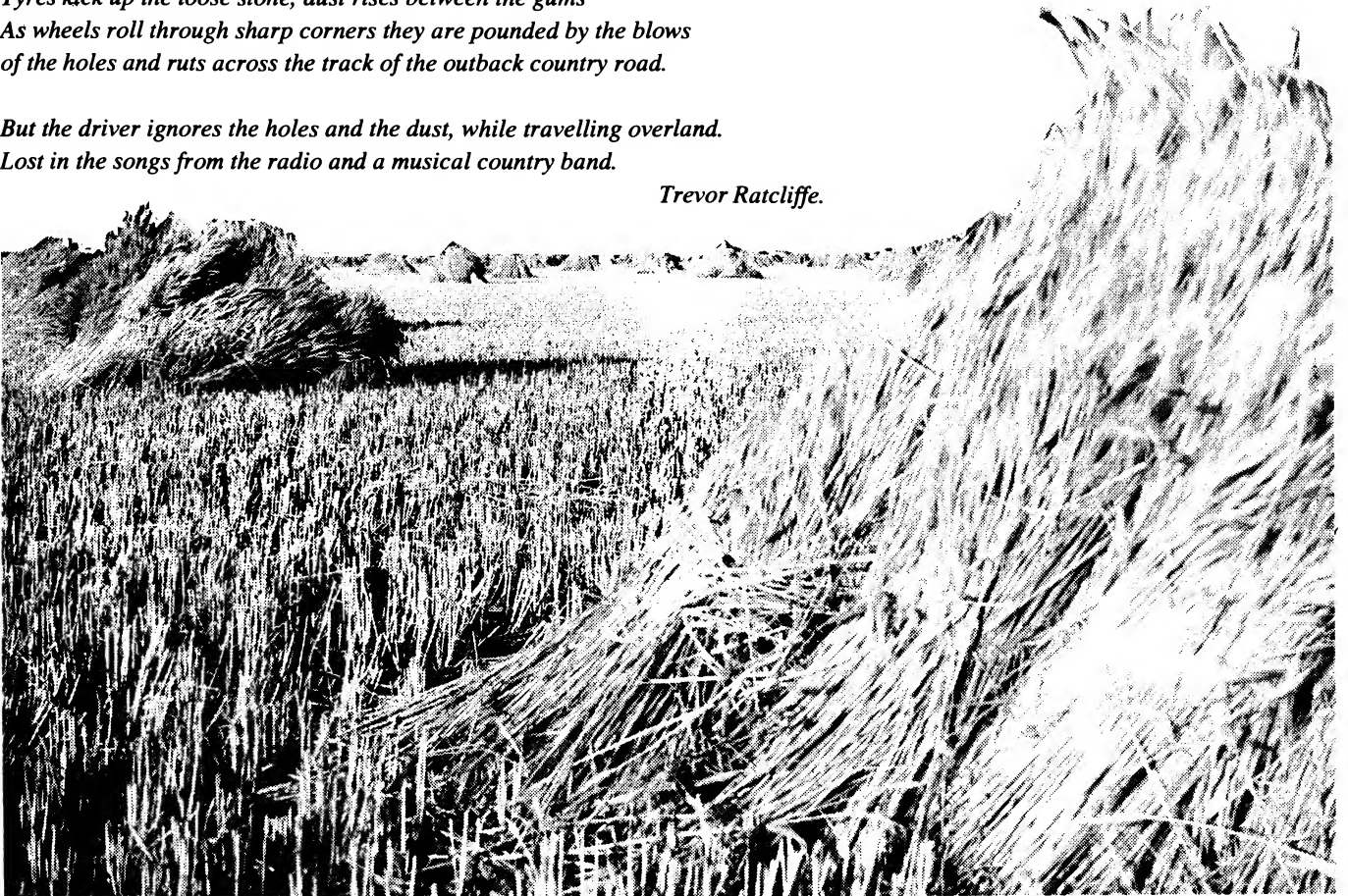
*But the driver ignores the holes and the dust, while travelling overland.
Lost in the songs from the radio and a musical country band.*

Trevor Ratcliffe.

INSPIRATION

*The ritual of seasons anew
Sees nature in her many hues.
Sweet fragrances and buzzing bees
Is nature in quiet harmony.
Now a scene of senseless greed
Is passed off as mankind's needs.
Searching now within my mind
to break free the yoke
That seeks to confine.
Watching as the day recedes
Reflecting on what friendship needs.
Honesty and trust, the seeds
In each of us is where it breeds.
For me it means something called love
Fills me like my hand a glove.
And now that the time is near
I see there is no place for fear.
As what does happen
Is meant to be
Like the ritual of the seasons I see.*

Trevor Vivian.



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PROPERTY FOR SALE

NEW SOUTH WALES

BUSH RETREAT, NAMBUCCA VALLEY, mid north coast, 27½ ac, timbered, crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

TIMBER & STONE HOME WITH AMBIENCE, 45 mins from Lismore & Murwillumbah, 20 mins from Nimbin. Large verandah, w/shop, composting toilet, solar system, solar HW, s/c stove, wood heater, good water supply incl swimming dams, f/trees, vegie garden, views. Situated on multiple occupancy, surrounded by 3 nat pks, school bus at gate, easy access. \$89,000. Ph: owner, 066-897-346.

DORRIGO RAINFOREST, 213 ac, 1 km crk & rd frontage. Nature lovers' paradise, 1½ hrs to Coffs Harbour. Caravan on site. Must sell. Bargain at \$99,000. Ph: 049-712-193.

BETWEEN WARIALDA AND YETMAN, NSW secluded 101 ac yet only approx 35 km to town with all services. Fully fenced, 3 dams, new fresh water tank, 16' c/van with shower. Many potential home sites. Great potential for subsistence lifestyle or just as retreat. Phone at boundary, approx 3 km to school bus. \$28,000 ONO. Ph: 047-512-507 evenings.

'SERENDIPITY', NANA GLEN, 25 km NW Coffs Harbour. Artist's rustic 3 b/r, 2 storey timber/sandstone home, cathedral ceilings, solid timber t/out, indoor fernery, solar HW on 3¼ elevated ac. Panoramic views from every room. Plus sep lge studio/workshop. Suit cottage industry or accom. Fruit & native trees. Tank, bore & town water. Handy to school. High school bus at front. Peaceful healthy lifestyle. Price \$198,000. Ph: 066-543-354.

WOODSTOCK, 4 ac, dam, lge house, ample shedding, estab gardens, tractor incl. \$85,000. Ph: 063-450-101.

CHEAPEST LAND in far south coast, 25 km west of Eden, 2 blocks, 13 & 14 ac, partly cleared. North-east aspect, power avail, 5 mins walk to shop/PO & school. Beautiful valley. Towamba. Reduced to \$26,000 & \$28,000. Ph: 064-967-136.

BUNGONIA, THREE RURAL BLOCKS, 31 acres, 38 acres and 48 acres, good soil, level to undulating, quiet location, lots of wildlife, each block has a dam, power available, building permission, council road frontage, fully fenced, 1¾ hours from Liverpool, 30 minutes from Goulburn. From \$65,000 ONO. Ph: 048-445-167.

HALF HOUR FROM MURWILLUMBAH, solar powered 2 b/r cottage on 49.65 ha. Dams, crks, swimming hole. Native palms, mostly forest. Second cabin with rental possibilities. Sheds, stables, nursery, tropical gardens. \$275,000. Ph: 066-799-126 evenings.

MID NORTH COAST - CHYBUCCA, 2 storey house on 40 ac. This lovely home is built from Australian hardwoods, mud brick, brick, slate floors, leadlights & much more. Three dams, orchard & cottage. \$170,000 ONO. Ph: 065-650-085.

BURRAGATE - BEGA VALLEY. Council approved 2 b/r, solar powered mud brick home, set in beautiful garden with sml orchard. Gas stove, wood fire & s/c/stove, ample water storage & sep studio. Forty ac of bushland with perm pristine crk, adj to nature reserve. Magnificent location, close to beaches & village. All-weather access, school bus & ph. Private but not isolated. Price \$145,000. Ph: owner, 06-241-8129.

BEGA AREA, bush block, 18 ac incl 3 ac alluvial flat. Permanent water, power & ph, good access, school bus, very private, adjoins nat pk. Bega, Merimbula, coast 15 mins. \$75,000. Ph: 064-922-752, 019-442-996.

FAR SOUTH COAST NSW - in the Towamba Hills inland from Eden; 120 acres, natural forest on a pretty creek, close to nat pks, state forests, rivers, lakes, wonderful coastline. Very little private land in this area. West boundary of this one is creek, access from north & south, wildlife, tranquillity. Own-your-own nat pk, share with friends, or maybe get rich with shareholdings or subdivision! We are too old now to deal with it. Ecotourism? Health farm perhaps? One wilderness retreat is under way and another has been approved. Could've sold little 8 ac block 20 times for \$19,500, will accept \$96,000 for this one. Please ring 047-824-856.

NORTHERN RIVERS, MT WARNING area, 30 sq stone & pole house on 3 levels with beautiful forest views, gravity-fed water from perm crk, terraced orchard, bitumen access. Plus share in friendly stable co-op on 200 ac, mostly forested. Extensive r/forest areas, palm groves waterfalls, rock pools, platypus, koalas. School bus at gate. Murwillumbah 30 mins. \$115,000 ONO. Ph: 09-447-0632.

HIDDEN VALLEY, MID NORTH COAST NSW, 8 km shops, schools, 40 acres (16.2 ha), 50% bush, beautiful mud brick home, lge steel barn, workshop, machinery shed, old cottage, c/van. Three megalitre dam + hillside storages & creek. Kiwifruit plantation, many f/trees - all with reticulated dam water supply. Dam & roof water reticulation to house & c/van, elec & phone. Great neighbours. \$180,000. Ph: 065-594-377.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

NIMBIN, SHARE in estab MO + own house: 12-sided timber yurt. Total area 320 ac, incl natural bush, community land and 1 ha for own use. Private, well-treed loc, perm water. Nimbin 15 mins. Solar power & gen. \$58,000. Ph: 066-855-062.

FAR NORTH COAST, ORGANIC FARM, 33 ac, between Lismore & Murwillumbah. Creek, dam, irrigation, panoramic mtn views, private setting. Original farmhouse tastefully restored, high ceilings, timber floors, air conditioning. Two dble b/rs, study, lounge room with timber beams, family room, eat-in kitchen. Converted dairy used as office or guest accom. Ideal for growing coffee, herbs, bush tucker food or ecotourism venture. Wonderful climate and lifestyle. \$229,000. Ph: 066-897-244.

LONG FLAT, ELLENBOROUGH RIVER, 365 ac, approx 1 hr from Port Macquarie. Fertile river flats, great swimming hole, r/forests & timbered land backing onto nat pk. Spectacular views. Large shed & c/van. The perfect retreat. Valued at \$90,000, will sell \$65,000 ONO. Ph: 066-554-578.

O'CONNELL, TWELVE MINUTES OBERON, 25 mins Bathurst, 2-3 b/r insulated cottage, 7 ac pasture, reliable well, 4 sheds. Sydney 2 1/2 hrs drive. \$105,000 or swap with dwelling Sydney/ Illawarra. Ph: 042-675-022.

NIMBIN TEN KILOMETRES, 40 ac, original growth r/forest bordering Night Cap Nat Pk, Mulgum Creek frontage, 150 m elevated home-site, access rd and building entitlement approved, massive views, massive country, \$75,000. Ph: 04-1887-1425.

TWEED VALLEY, 5 ac, views of Mt Warning, serenity & mins to town and beaches. Water, elec. \$85,000. Ph: 066-793-494.

MURWILLUMBAH/TUMBULGUM 10 mins, 33 ac with cottage. Spectacular views, valley, Mt Warning, dam, windmill, shed, generator power, gas, well & tank water. \$185,000 ONO. Ph: 04-1187-6560.

SPRING VALLEY, NW Delegate, 281 ac, 4 b/r house + granny flat, ph & power on. Two hay sheds, cattle/sheep yards. Shearing shed, workshop. Many sheds, good fencing. Two tractors & machinery incl. Organic fertiliser been used for many years, 11 dams, many springs, WIWO. Health reason for sale. \$160,000 ONO. Ph: 064-589-224.

BINGARRA NORTH-WEST NSW, 4 b/rw/board house, needs TLC, but very livable. Quarter ac block, f/trees, chicken yard. Three mins to hospital, shops, clubs, parks, fishing at the Gwydir River. Must sell, ill health. \$27,500. Ph: 07-5524-3293.

BATHURST AREA, 300 acres, 3 good houses, 2 brick, 1 Hardiplank. Beautiful river & crk frontage. Trout fishing, gold panning. Established 50 tree orchard. Two large farm sheds, smokehouse, coolroom, sml glasshouse etc. Sofala 15 mins, Bathurst 45 mins. Many possibilities - group living, extended family, farmstay, self-suff. \$310,000. Ph: 063-377-121.

**DEADLINES: GR 121 - APRIL 30TH
GR 122 - JUNE 30TH**

WEATHERBOARD HOUSE on 5 ac, perm crk. Includes loft, leadlights, pot belly, solar & gas. Twenty mins from Kyogle in beautiful setting. \$95,000 ONO. Ph: 03-5985-3768.

GLOUCESTER DISTRICT - 45 mins west. Beautiful 240 ac valley. Mostly timbered, some r/forest. Good r/fall, perm crk, fresh water springs, abundant wildlife. Good access. Five friendly, easy-going, nonresident shareholders. One share avail with fenced site \$25,000. Ph: Brian, 02-9567-2525.

WATTLE FLAT, 35 km nth of Bathurst, 70 ac well treed property with good & ample water. Partly completed octagonal stone building, sheds, good fencing. Adjoins 800 ac heritage recreation park. \$105,000. Ph: 067-729-636.

GEM OF THE NEW ENGLAND, Fossickers Way, northern NSW. Exchange or sale. Luxury retirement 1 b/r brick/timber home, ramps & verandahs front and rear, quality t/out. Intercom-connected to older style 3 b/r Hardiplanked house (could easily become 2 flats). Fully fenced dble block. New triple garage + w/ shop. Short, level walk to good shopping centre. Ample r/water/town water. Exchange considered for house with granny flat or 2 units, any area, or sale \$145,000. Ph: owner, 067-241-667.

MIDNORTH COAST, BOBIN CREEK, via Wingham. Tenants in common, 1/4 share 297 ac. Two storey, w/b, contemporary open plan living area, 3 b/r + office, full verandah. Magnificent perm crk, 15 ac crk flats, good pasture and 200 citrus & f/trees. Private with all amenities, sheds, animal areas, Power, ph, school bus, friendly community with school/hall. Taree 35 mins. Peaceful forest and valley environment. Subdivision potential. \$125,000. Ph: 065-505-195.

QUEENSLAND

BUNDABERG AREA, ROSEDALE, 60 km nth of Bundaberg, 40 ac fenced into 5 paddocks, 4 dams, crk. Three b/r house, front & rear verandahs, b/bs carpeted, remainder ceramic tiles. Phone, power, solar hot water, 5 KVA diesel standby generator, 15,000 gal r/water tanks, brick/gas BBQ, 2 bay c/port, lge machinery shed, tractor with slasher & grader blade, f/trees, over 100 young mango trees. Ten mins from Rosedale, primary & secondary schools, school bus. Vendor finance avail. \$130,000. Call: 071-565-236 after 6 pm.

MAREEBA AREA, 45 mins to Cairns, BFA Cert 'A' organic fruit farm, 20 ac, 3 b/r brick house, lge wooden floor hall, ext rock work, cottage, 2 sheds, mower, tractor, dam, bore, mangoes, bananas, many exotics, natives, elec, ph, bus, excel climate and lifestyle. Alba's Sunshine Orchard. \$310,000. Ph: 070-933-226.

KOGAN, 45 mins W of Dalby, 1280 ac bush block. Caravan in concrete floored shed, dams. Plenty of wildlife and birds. Very quiet and secluded retreat. \$65,000. Ph: 071-646-201.

OLD BUSH PUB, built 1901, closed 1966, partly restored, little left for license. On tourist route, 1 1/2 hrs west of Cairns. Also house & shed. Nearest neighbours 5 km. \$100,000. Tim, PO Box 234, DUMBULAH 4872.

MALENY AREA, 3 b/r Qld'er, solar & gas, estab orchard, on 200 ac community. \$90,000 ONO. Ph: 07-5496-1685.

KOORONGARRA, 2.6 km south of Millmerran on Darling Downs, 80 ac. Good views, fully fenced, 2 paddocks, good soil. Large machinery shed, u/ground water, dam, ph connected, power avail. \$65,000. Ph: 060-351-244.

DRAKE, NORTHERN NSW, great opport to acquire your own f/hold bush retreat. Two blocks, 75 ac and 90 ac, from \$34,500. Handy to primary school, store, hotel, 1/2 hr to high school at Bonalbo, 2 hrs to Ballina, 3 1/2 hrs to Brisbane. For maps & details ph: 07-5474-5948.

BAUPLE, QUEENSLAND, rural living, 3 b/r home, w/board, on 1 3/4 acres. Dam, pump, taps, estab gardens, trees, etc. Selectively cleared, good position, ph, elec, school buses, garbage collection. Enclosed, lock-up shed, 18 x 20'. Good value \$85,000 ONO. Ph: 071-292-711.

SECLUDED RETREAT 130 ac mostly timbered, fully fenced, 2 dams, seasonal crks, 2 x 6000 gal r/tanks, f/trees, vegie garden, 3 bay shed. Three y/o 2 b/r timber cottage, polished floors, dry composting toilet, bathroom & laundry inside, fully solar powered, wired for both 12V and 240V. Mains power avail, wood hot water system, gas fridge and stove. Hervey Bay 1 1/4 hrs, school bus 12 km to Biggenden, grade 10. Seasonal work avail. Regretful sale. \$79,000. Ph: 071-222-554.

ROSEDALE, FORTY ACRES, tranquil natural bush, 52 ft railway carriage, shed with power, dam, 2 seasonal crks, koalas and abund wildlife, 7 km to town, 60 km to major city. \$38,500. Ph: 071-298-336.

BOWEN, QUEENSLAND, 12 acres bushland, 3 b/r home, secluded area. \$99,000. Ph: 077-852-598.

PRAIRIE, QUEENSLAND, house on 1 ac in town, work shed, dbl car shed, set 4 dog kennels, dbl fowl run + 2 paddocks on edge town, 25 ac & 64 ac, both fully fenced, town water connected, set timber cattle yards/loading ramp, power avail. \$68,000 or will accept machinery, tandem tipper, bus (mobile home) up to \$30,000 off price. Contact owner. Ph: 077-415-110.

FOUR KILOMETRES MURGON, 40 km Kingaroy, Qld, beautiful park and cottage gardens, 3 b/r modern home on 16.5 ha (40 ac). Permanent water license + 2 dams, 3 pumps, 3 bay shed, chooks, ducks, peacocks, ride-on mower, drip lines, 2 shadehouses, much more. \$155,000. Ph: 071-682-959.

*For the new 10 digit phone numbers,
preferred format is 00-0000-0000.*

*Unless a mobile number
019 or 018 or 041.*

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

BRISBANE/OCEAN VIEW, hinterland Caboolture 40 ac. Remnant r/forest along spring-fed crk. Good high building site. Caboolture 25 km, 31 to Bribie Island, 50 km to Brisbane GPO. \$95,000. Ph: 065-411-110.

SUNSHINE COAST HINTERLAND, Maleny/Conondale, 120 magic ac, nth aspect, unique family home, verandahs overlook perm crk. Sheds, bails, 5 paddocks, school bus, bushland – chemical free. \$269,000. Ph: 07-544-598.

MOUNT PERRY, 10 km from Gin Gin, 40 ac newly fenced, some timber, 8 ac crk flat with 2 m topsoil, dam, level house site with power, sweeping views. \$39,000. Ph: owners, 071-594-367.

HOME AND INCOME, modern 2 b/r house, l/u garage, 2 sheds, 2 house tanks, lge dam & pond, on 2 ac with estab expanding herb business supplying nurseries Maryborough & Hervey Bay areas. \$115,000. **HOWARD**. Ph: 071-290-200.

HOWARD, 3 b/r, 1½ km from town & schools, lge c/port & shadehouse, 6¾ ac selectively cleared, estab orchard and native garden. Permaculturist's dream, only rock minerals, mulch & natural fertilisers used. Large dam storage & 2 lge r/w/tanks. Room for sml crops. \$115,000 ONO. Ph: 08-8388-4034.

FINCH HATTON GORGE 10 minutes away. Queenslander style cottage, 2 bedroom + sleepout (master b/r). New paint, new floor coverings. Fruit trees and landscaped gardens. Very fertile soil. You can't help but have a green thumb in the beautiful Pioneer Valley. Ph: 079-583-316.

NANANGO, EIGHT ACRES, freehold, elevated land only 16 km to town. Fenced with good big trees, power & ph along front. Able to be built on. \$15,000 incl dam. Ph: 071-633-044.

BUTLERS ROAD, TARA, 30 ac of natural bushland, plenty of birds & wildlife. Quiet end of rd, seclusion. Power & ph avail. Building permission. \$12,750. Ph: 071-633-044.

EIGHTY ACRES, 4 b/r mud brick home, bore water, creek, red volcanic soil, subtropical climate, ph, solar power, diesel generator. Large shed, tractor & farm equip. Fifty mins to Ingham/Hinchinbrook area. \$130,000. Ph: 077-775-169.

SOUTH-EAST Qld 40 ac, lge 3 b/r steel kit home. \$16,000 solar power system, compost toilet, wood stove, combust wood heater. Water tanks – 10,000 gal. Two lge sheds, full lge dam. Lots of lge trees, fully fenced. Power out front of property. Fifty km to town of Kingaroy. Spent \$110,000, sale \$90,000 ONO. Ph: 071-648-103.

RAVENSHOE, QUEENSLAND, Evelyn (Ather-ton) Tablelands. Best climate in Australia. Eight km to town & schools, sealed rd. National parks & waterfalls close. Partly cleared 6½ ac, good soil, fenced, bore, school bus & power at front. Elevated home sites. Situated in timbered valley. \$29,000. Ph: 03-5021-1495, 018-522-721.

PLACING AN AD? See page 68 for details

CENTRAL QUEENSLAND, 14 km to Emerald, bitumen rd, 50 ac sandy clay loam, 2 x 3 b/r homes, 60 x 40' shed, garden shed, landscaped, fenced, fowl pens, 4000m dam, 2 mg channel water, 3 x 6000 gal tanks, steel cattle yards, school bus. Excellent condition & value at \$300,000. Plenty of work in area. Selling due to moving to town. Ph/fax: 079-822-973.

ACREAGE NEAR BEACH. Well built 2 storey home. Huge verandahs both levels. Self-cont flat underneath. \$175,000. Ph: 071-598-605. Private sale.

KINGAROY, 67 ac, natural bush with crk and dam. Secluded livable renovated Colorbond shed with firebox, tanks, septic, school bus. \$35,000. Ph: 07-3202-6697.

RENOVATED & FRESHLY PAINTED 2 b/r cottage, located on 5 ac Western Rd, Tara, 6 km sealed rd to town. Power connected, ph avail. Small dam & good tank water. \$26,900. Ph: 071-633-044.

BUNDABERG, ONE ACRE cleared, bore licence, east aspect, gently sloping, rich soil & cool breezes with rural outlook, but only 7 mins to GPO & 5 mins to beach. \$49,500. Ph: 07-5493-1992.

ACREAGE, WEEKEND CABIN, mins from tranquil inlet opposite Fraser Island. Palms, f/trees, crks, secluded position. Urgent sale. \$29,500. Ph: Sunshine Coast, 07-5494-8555.

KILKIVAN MOUNTAIN RANGE, 543 ac, 50 km west Gympie, Qld. Timbered, 2 lge dams. \$149,000. Ph: Philip, 07-5496-3546 AH.

VICTORIA

BEAUTIFUL AVENEL (NEAR SEYMOUR), escape to the country. Delightful 2 (lge) b/r, with lock-up garage. Larger than usual rear garden area. Quiet central location. Scenic hills. Immaculate presentation & lge lounge. Heat Charm & reverse cycle air cond, elec stove. Reduced to \$65,000. Perfect for retirees. Ph: 03-5796-2258.

APOLLO BAY/OTWAYS, 85 acres, 28 sq unique homestead of 15 years. Mud brick, exposed round timber beams, sod roof, 50/50 pasture and forest. Bordered by perm r/forest. Pristine trout/platypus stream, panoramic Bass Strait views. Tamar hydro electric plant (240V) supplies ample reliable power for all modern household appliances. Established trees, lawn, vegie garden large greenhouse, orchard, chook/rabbit runs. Two car garage/workshop, shedding, yards, dams, good roads & fencing. Suit perm home, weekender, ecotourism, tree farming. Reluctant sale. \$350,000. Ph: 03-5237-0216.

CLUB TERRACE, RIVER FRONTAGE, 4 b/r round mud brick home, on 35 acres, quiet secluded area. Large lounge with wood heater, kitchen with combustion. Double garage, big machinery shed. Ten acres cleared. \$110,000. Ph: 03-5158-3264.

BALLARAT DISTRICT, solid brick, mud brick home on over 5 ac. Set among trees on a rise, this house features exposed beams, pine linings, wood heating, gas stove, tiled bathroom, sep toilet, leadlights, 4-panel doors. Paved verandahs lead to estab gardens supplied with water from a lge dam stocked with fish and yabbies. Native bushland & pasture with tree plantings set off views to sml town. Rainwater laid on. Bus, schools, ph, powered 20 x 30' workshop, cubby, sheds, easy 20 mins drive to Ballarat. \$87,000 ONO. Ph: Craig or Shiree, 03-5344-9348.

WINCHELSEA, 5 ac, services, soil test, BP fenced, trees, northerly aspect, \$49,000 ONO. Ph: owner, 03-5265-6158, or 015-836-031.

ALEXANDRA/TERIP TERIP, 80 ac bush, magnif views to Mt Buller, 10 mins to hwy and store yet totally secluded. Wildlife, springs, fern gullies, close lake Eildon. Phone on: \$72,000. Ph: 03-5772-1910, 019-386-692.

HAZELDENE, 72 km Melbourne, 30 km to Yea or Whittlesea, Vic. Approximately 1 ac of land (3912 sq m) on west hill with double storey w/ board house, 2 b/r, kitchen, bathroom & extra wc. Two more b/rs in process of being finished with shared wc and laundry facilities. Full front verandah facing east. Large c/port, and lge pumping shed on King Parrot Creek. \$80,000 as is & \$85,000 with renovations completed. Adjoining rental property, ½ size, \$60,000. Sold together now \$135,000 ONO. Kohrsen, 6 Broome Rd, HAZELDENE 3658. Ph: 03-5780-1403.

MANSFIELD DISTRICT, cosy limestone 2 b/r cottage on 6 ac overlooking mtns. Beautiful garden – deep mountain soil, drought-proof springs. Ideal herb or fruit growing. Close to ski fields (Mt Stirling), lake & dynamic community. \$100,000 or rent \$80 p/wk. Contact: 03-5775-1102.

LYONVILLE, NEAR DAYLESFORD, escape to Central Highlands, 3 b/r open plan. Garden shed, gas space and water heating, electric stove/oven. Quiet rural hamlet, close Wombat State Forest, mineral spring, bus stop, red volcanic loam. Suit first home/retirees/holiday. Current rental \$400 pm, 60 days to vacate. Reduced to \$65,000. J Hunt, RMB 6100 Wheat-sheaf, DAYLESFORD 3461.

CASSILIS, between Swifts Creek & Omeo, Vic, 120 beautiful ac of white box and rocky outcrops in peaceful valley. Bounded on 2 sides by historic park this hilly block has some near-level grassed areas, walk-in mine shaft, dam & 4WD track connecting the two gullies. \$38,000. Ph: 03-9710-1272.

HOBBY FARM, tranquil 71 ac, 2 b/r (cedar w/b) house + c/van as extra room. Excellent water supply, 2 lge tanks, 2 dams. Garage/w/shop 40 x 20'. Fenced. Superb views, wildlife, birds. A beautiful balance of half-pastures, half-bush. Situated Maintongoon Park between Bonnie Doon and Alexandra. Price \$115,000. Ph: 03-5772-2564.

*Please print your ad clearly
so we can do likewise*

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

NATURAL MUD BRICK HOME of unique rustic design on 3 1/4 ac. Lightly treed natural bush setting. Situated at Lot 15 Wakanene Dr, Yinnar South, within walking distance of the Morwell Nat Pk. The house is approx 20 sq, 3 b/r, lock-up garage, town water. Features of the house incl: leadlighting, oregon beams set in a cathedral ceiling. A wooden staircase leading to the mezzanine floor. Kitchen has gas cooking, home is heated by a solid fuel heater. There is also a handmade chopping table adjoining the centre of the kitchen. Many other features included in this beautiful rustic home. Priced to sell at \$138,000. Phone for an appointment to inspect on: 03-5122-1117.

RAYMOND ISLAND, GIPPSLAND LAKES, 16 km E Bairnsdale, 2 b/r timber home on organic block in safe supportive island paradise. \$69,000. Write: 'Green House', PO Box 1117, BYRON BAY 2481. Or ring Samantha: 03-5156-6166 (L J Hooker).

FOR RENT OR SALE, 3 b/r house on 3 irrigated ac near Cohuna. Shedding, calf pen, estab trees, made rd, school bus. Work in area. POA. Rent \$100 wk. Owner will assist suitable applicant to purchase. Ph: 03-5455-7104.

GRAMPIANS, MOYSTON, solid 4 b/r w/b on 3 ac. Large lounge, lge kitchen, WI pantry, meals area, renovated bathroom. Wood heater, new gas heater & stove, new OP elec HWS. Large garage with concrete floor, chook shed, dam, town water, lots of trees and shrubs, esp natives. Rural, close to mtns. \$78,500. Ph: 03-5354-2506.

DANDENONGS: 29 ac of paradise, 4 km Emerald township. House site & balance cleared. Mountain ash, manna gums & huge tree ferns. Spring-fed dam & crk. Solar fencing. Retreat for wildlife. Power, water, town gas avail. \$145,000. Ph: 03-5968-8895.

BEAUTIFUL KINGLAKE VIC, good level block in nice area, lovely homes each side, elec connected, sml shack for holding tools etc whilst building. Best offer around \$28,000. Ph: 042-966-143.

KINGLAKE, 1 hr NE Melb, beautiful 3/4 ac block, w/board/stone period home & shed in peaceful bush environment. Stone fireplace & outdoor trimmings, wooden floors, high ceilings with cornices & roses, cast iron lacework. Excellent red soil, several fruit & walnut trees already estab. Must sell. \$99,500. Ph: 03-5786-2108.

MUD BRICK HOME, on half-share of 40 ac, 4 b/r, solar powered, at Bacchus Marsh, Vic. \$110,000. Ph: 03-5367-5905.

STRATHBOGIE RANGES, NEAR VIOLET TOWN, live in harmony with nature in 23 ha of native forest. Comfortable, modern, 3 b/r, bv home, en suite, 2 living rooms, cathedral ceilings, slate floors. Eight foot verandahs, in-ground swimming pool, separate 6 sq billiard room, underground cellar, dble c/port & garage. New 3 bay machinery shed. Rainwater tank (92,000 lt) & bore. School bus route. Asking \$200,000. Call: 03-5790-8533 for a brochure.

**DEADLINES: GR 121 – APRIL 30TH
GR 122 – JUNE 30TH**

AVOCA, 19 1/4 ac undulating north-facing block with 3 lge dams, 3 b/r muddy with 1929 W2 class tram incorporated. Established permaculture garden, solar & wind power, tank water. Move in for \$40,000. Ph: 03-5465-3463.

LOVELY MUD BRICK HOME. Indoor garden, 4 b/r, 1 1/2 ac volcanic soil, gardens, wind/solar power, water tanks, lge shed, windmill bore, peaceful. \$132,000. Ph: 03-5476-4332. Hepburn Springs district, Vic.

MOUNT EVELYN, cleared level 1 ac, rich red soil, fully fenced. Comfortable older style 3 b/r w/b home. New gas hotplates, spa bath, lge kitchen & lounge. Mains water, SEC & gas all connected. New steel 30 x 25' shed/c/port. Young f/trees, fenced, grazing paddock, currently running 7 sheep, fenced chook run, fenced organic vegie garden with sprinkler system. Bus stop only 300 m away, close enough to commute to Melbourne, excel lifestyle. \$130,000. Ph: 03-9736-3306.

BALLARAT AREA, LALLAL, picturesque, quiet, undulating land, suitable for permaculture principles, 17 1/2 acres, \$25,000; 25 acres \$45,000 (adjoining). Shed, tanks, yards, dams. Ph: 053-417-643.

TASMANIA

FIFTY ACRES, NORTHERN Tasmania, 20 km to Deloraine. NE aspect, excel drainage, perm creek, 2 dams, rustic cabin, s/c/stove. Five ac cleared, remainder bush, old growth to regrowth. Gums, blackwoods, silver wattle, adj state forest. Bass Hwy 10 km. Very private. Phone connected, heaps of potential for permaculture, etc. Good soil, reluctant sale. \$85,000 ONO. Ph: 08-8682-6135.

HUON VALLEY, 4 b/r, 1936 character home, lovely garden, 18 ac (4 bush). Greenhouse, chook pens, 9 x 6 m w/shop, 2 mins to water, fishing, diving, 5 mins to village. \$89,000. Ph: 03-6297-1991. Or write: Pecats Family, C/- PO, GEEVESTON 7116, for full details.

SCAMANDER on Tasmania's sunny east coast: 6 ac lightly timbered, serviced, sealed rd frontage. Front of block has views of Scamander River & reserve so can't be built out. Back backs onto state forest. Five mins to town & best beaches in Australia. \$35,000 ONO. For more details please ph Andrew on: 019-697-392.

NORTH-WEST COAST – NEEDED – someone who cares. We cared for the older w/b 3-4 b/r home with huge living area, now all recently renovated, with plenty of rain catchment, own septic system, power & ph; has dbl garage & outbuildings. We cared for the 6 ac with bore and f/trees, & added a big 'Ducks Delight' dam with island, a big vegie garden & over 400 trees, bushes & vines, but left room for a pony or cow or ? Tranquil, rural and private, but only 3 km to town, schools, river estuary etc. With temperate 4 season climate, it needs someone younger to take over. \$125,000. Ph: 03-6452-3122.

NORTH-EAST TASMANIA, NEAR ST HELENS, 1 b/r mud brick cottage on 15 ac. Straw ceiling and polished earth floors. River and crk frontage, perm water. Phone, hydro, irrigated orchard, vegie garden. Slow/c/stove, 100s of native trees planted. Fully fenced. Low rates. Peaceful and secluded but not isolated. \$65,000. Ph: 03-6224-8496.

ESCAPE THE RAT RACE – your own private 35 ac haven, 20 ac of forest with big timber, ferns & perfr crk, 15 ac of chemical-free paddock surrounding modern brick homestead; 3 lge b/rs & rumpus. Ample sheds & water, ideal for self-suff. A gentle 15 min rural drive to town & beach. Offers over \$130,000. Ph: 03-6445-4260. NW Tasmania.

TWENTY-SIX SQUARE 4-5 b/r w/b home, 28 sq garage/sheds on 1/2 acre f/hold with 2 1/2 acres adjoining leased crown land, fenced. Rainwater tanks (2000 gal), town water, power, phone, school & mail buses at door, 15 mins to local shops & PO, 30 mins to beach. \$57,000 ONO. Write to owner: Brenda Richardson, RSD 378, Alfred St, Pioneer 7264.

SOUTH AUSTRALIA

BARMERA, RIVERLAND, quality rural residence. Spanish style brick with heating, cooling, sunken lounge, security system, pool, courtyard, lge shedding, landscaped gardens of 1.2 ha, superb Lake Bonney views. Details: John, Rooney's Lic Agents, 085-882-056, 085-883-311 AH.

ABSOLUTE PRIVACY, 3 b/r home on 16 ac. Peaceful, serene setting with incredible views. Good shedding and water. Within 1 hr of Adelaide on the edge of the Barossa Valley. Reluctant sale. \$179,500. Ph: 08-8524-6499, or 015-394-306.

KANGAROO ISLAND, 10.5 ac bush retreat, winter crk, abundant wildlife & wildflowers. Close town and beaches. House site cleared. \$29,500 ONO. Ph: 08-8553-2489.

WESTERN AUSTRALIA

THREE HOURS SOUTH PERTH, 3 b/r cedar home in green bushes, only about 7 y/o on 1/4 ac. Only \$59,500. Ph: (Sydney), 047-365-129, or mobile 041-222-9447.

KIMBERLEY, WA, 'UDIALLA SPRINGS', unique, 943 acres f/hold, 2200 special agricultural lease, Fitzroy River frontage, 2 hours east of Broome. Unlimited water, 302m² brick house, cottage, w/shop, cattle, much much more. \$500,000. All offers considered. PO Box 1552, BROOME 6725. Ph: 091-921-402, 0419-395-206.

IN FRIENDLY WHEAT AND SHEEP town, colonial style house, 3 b/r, fully air conditioned. Timber framed, tile roof, on 1/4 acre block, estab garden incl 36 rose bushes. Red loam soil suitable for organic growing. Carport, 20 x 30 x 10' steel-iron shed. Power, ph, scheme water. Primary school + bus to ag & high school. All sporting facilities in town. Price: \$40,000. Ph: 099-731-122, or 099-239-132.

GRASSIFIEDS

COMMUNITIES/SHARES

KYOGLE, 1/25 share in 960 ac, 10 acre share, f/trees, spring water to all share, gravel access & privacy. \$30,000. Ph: Tracey, 066-246-118. PO Box 492, LISMORE 2480.

NAMBUCCA HEADS 3/4 hr, affordable land, 1200 ac. Backs onto state forest, 1/12 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w tanks, dam, f/trees, all-year crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

WANTED: INFORMATION ABOUT intentional communities. Prefer Vic, NSW, but Australia-wide fine. I am interested in becoming involved in an intentional community based upon harmonious principles – environmental design, conservation, permaculture as well as community r/ship & caring, individual growth & creative expression, meditative focus & mature expression of emotion, mental & spiritual principles. I would potentially prefer to work 2 or so days and pay up to \$70 per week in exchange for room. If you are involved in or know of such a community please write: Martin Sidell, C/- Warandytte Post Office, WARRANDYTTE 3113, or ring, 03-9712-0021 (message).

NIMBIN, 1/10 share 52 ha, council approved MO. Beautiful r/forest environment, 2 b/r accom & studio on 2 ha. Wood stove, solar power/HW, estab f/trees, 4WD access. \$65,000. Ph: Steve, 066-282-034.

MURWILLUMBAH, FOURTEEN ACRES (re-advertised). Beautiful fully treed block of land of 5.83 ha (14.4 ac) at Lot 3, Palmview Hamlet, Kerr's Lane, Pumphill (near Tyalgum), 32 km west of Murwillumbah, adjacent to the magnif Border Ranges Nat Pk. Concrete w/tank (2000 gal), timber shed & 2 vehicle c/port + partly framed house in existence, no elec. This is one of 29 properties on a shared company title. \$30,000 ONO. For info call Alan Davidson in Melbourne, ph/fax: 03-9374-2188, 03-9374-3006, or Barbara Howell in the area on 066-793-369.

FAR NORTH COAST, 35 km NW Lismore. Beautiful solid spacious home. Wide verandahs. Elevated position. Extensive views. Four ac. Underhouse garage and w/shop. Organic gardens, f/trees. Complete privacy. Power. Telephone. Cabin. U/cover c/van. Secure strata development. School buses. \$159,000. Ph: 066-337-033.

BEGA VALLEY, 2/5 share 100 ac forest surrounded by proposed nat pk. Close Merrimula/Candelo. Permanent water 2WD access, school bus, telephone lines. \$25,000. Ph: 066-558-688, or 064-944-146.

NEAR GIRRAWEE PARK, sth Qld, 1/4 share \$25,000. Includes 'A' frame cottage or log cabin sharing 40 ac, with magnif views, set amongst lge balancing boulders, lots of trees, great for inspiration, lge vegie gardens, paddock for animals, f/trees, on school bus route, solar power, hot water, wood & gas stoves, gas fridge incl. Write to: Danny, PO Box 95, Balandean 4382, or ph: 076-845-124 after 7 pm.

PLACING AN AD? See page 68 for details

LARGE HOUSE, 6 b/r, double study, 2 bathrooms, with 1/4 share on 125 ac MO in secluded valley facing Border Ranges Nat Pk. Dams, crk, lge community building. \$145,000 ONO. Write to: Rainer Taeni, Bakers Vale 2474. Ph: 066-897-231.

WE ARE LOOKING for shareholders interested in buying a property for recreational purpose in a location within 3 hrs of Sydney. Contact: Margaret or Joris, 02-9558-0862.

FAR NORTH COAST NSW, 1/13 share in 800 ac legal MO, bordering Bungalow Nat Pk. Beautiful 2 b/r all timber house on 10 ac private use. Secluded forest setting. Abundant wildlife, water, f/trees, lge workshop. No cats or dogs. \$89,000. Ph: 066-822-748.

MOVING SOUTH THEREFORE SELLING share with delightful house & 5 ac, 45 km from Lismore near 3 nat pks. Bird watchers' paradise on estab community, great neighbours, really peaceful. \$57,000. Ph: 066-897-496, or 066-897-372.

TOOLANGI, shares for sale on the Chumlangi Co-op, 12 km from Healesville. Cottage on an idyllic 187 ac bordering the state forest. Irrigated, with a dam & underground power. Seven houses & twelve members. \$55,000 ONO. (Sale subject to approval by members.) Ph: 03-9529-6943 AH, 03-9553-3588 BH.

NAMBUCCA VALLEY, 1/12 share 1200 acres, 2 b/r timber house, fuel stove, HWS, set amongst beautiful old growth, excel crk water, swimming holes, genuine bargain. \$35,000. Ph: 066-448-008.

LILLIAN ROCK, 5 acre share in 330 acre MO. Building pad, 18' caravan. Walking distance Steiner School, 30 km to Lismore. \$25,000 ONO. Ph: 07-5525-1931.

BUSINESSES FOR SALE

HYDROPONIC CHERRY TOMATO FARM situated on 40 ac of mainly virgin bush in the Granite Belt sth Qld. Farm consists of perm growing platforms & trellising for 2100 plants with much room to expand or diversify. One b/r home with lge solar installation & cottage with separate solar power. \$105,000. Ph: 076-841-352.

BEMBOKA NSW, full-scale handmade paper making plant currently set up for making paper from cotton linters. Includes: Butter churn capacity 100 kg for cooking dry cotton, Hollander beater approx 15x5', capacity 100 kg dry cotton, 600 gal water, 1200 gal stainless steel holding tank, 600 gal stainless steel holding tank, 2 x 300 gal paper making vats with built-in stirrers, hydraulic press, loading capacity about 26", air assisted flat sheet press dryer, about 15 paper making moulds various sizes, felts and all ancillary pipework, pumps and motors. Mill capacity approximately 400 sheets per day with 2 staff. Please ph James Macdougall on 03-9584-8388, or email me: jamesmac@wembley.com.au.

LEASE AGREEMENT (RENT FREE) for 8 yrs, + all plant & equip incl stock for renovated premises in beautiful reforested setting, run as General Store & Cafe in Billen Cliffs community. Beautiful paved terrace with covered outdoor stage. \$35,000 ONO. Great potential for lifestyle change. Turnover last financial yr \$155,000. Also 2 beautiful homes for sale: \$85,000, \$99,000, on secure strata development. Steiner school on location, bus service to public schools, located 30 km NW of Lismore (nth coast NSW). For further info ring: Uschi 066-337-177, or Malveena 066-337-036, or Will 066-845-765.

PERENJORI, WESTERN AUSTRALIA, 305 km NE of Perth, 233 km SE of Geraldton. Business premises on 1/4 acre, brick frontage cement brick bakery at rear with brick oven. Building reasonable condition, used up till April 1996. Closed because of ill health. Excellent organic area. \$30,000. Ph 099-731-044.

FOR RENT

ISOLATED FARM COTTAGE Far East Gippsland. \$65 per week. Ph: 03-5158-5235 evenings.

GRANTHAM, SOUTH-EAST QLD, 50 ac, 30' c/van & annexe. Solar power. \$40 p/w. Ph: 07-3289-1972.

RAMMED EARTH COTTAGE on cattle property SE Qld. School bus, garden. Suit woman, n/s, could exchange some help for rent. Ph: 071-613-136.

NORTHERN NSW, 2 b/r cottage, 2 c/vans to let. We will offer reduced rent in exchange for gardening. Ph: 066-797-065.

FURNISHED SMALL HOUSE, long-term rental in sml community, suit pensioner couple with car. Only honest people need apply. Ph: 079-588-073 after 6 at night.

ROOMS TO RENT: are you tired, allergic, chemically sensitive? Need time out? Fresh air, r/water, environmentally built home, organic coastal farm. Fishing, swimming, walking, reading, boating, relaxing, linedancing, country and western. No smokers, drugs, alcohol. C Pullar-Ford, PO Box 25, American River, KANGAROO ISLAND, SA 5221. Ph: 08-8553-7224.

WANTED TO RENT/CARETAKE

ANYONE ABLE TO RENT me a room/hut/part cottage/converted bus etc, in or out of country town or village? Need stepping stone to going bush properly! Say 30 - 300 km from Sydney so I can be there a couple of days a week. Ph: Robbie, 02-9412-4545.

CARETAKE – COUPLE WITH PETS and references want a property to caretake in south WA or anywhere, for free rent. Self-sufficiency is our goal. Ph: 097-912-854.

**Make Your Editor Smile –
Punctuate when writing ads for
Grass Roots Grassifieds**

GRASSIFIEDS

WANTED TO RENT/CARETAKE

HOBART PROPERTY SOUGHT by mature couple within 20 km radius of the university. Rent/gardening or care/aide exchange. Required May/June. Genuine references. Ph: 098-452-175, or write: L Smith, Lot 124 Lake Sadie Rd, YOUNGS, WA 6330.

EXCHANGE

HELP OFFERED on EF property in exchange for \$60 and accommodation. Farm tools and equipment available. Skills, resumé etc available. Permaculture, monoculture, marketing, mud building, painting, fencing, craft and small animal care. Male 51, hetero, n/s, n/d, n/r, s/d, nature lover, bush tucker, Capricorn, wacker! Property within 4 hours of Melbourne. Mr P M Anderson, 14 Joel Crt, HEATHMONT 3135. Ph: 03-9879-7205.

BUNDABERG QLD, 3 b/r home in town, renovated, polished floors, landscaped gardens. Swap for house with or without acres, MO, anywhere in northern NSW up to \$80,000. Ph: 071-528-438.

ST MARYS, TASMANIA, 4.793 ha, timbered & crk. \$19,000. Will consider reasonable offer or swap nth NSW coast or Qld. Ph: 02-9893-9771.

WANTED

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

GENERAL INFORMATION about Mt Wolvi, Qld area, orchards: what is grown, soil, water, etc. Like to know more before we buy. Kara, 40 Brooks St, Townsville 4810.

HELP WANTED, FREE ACCOMMODATION & meals. In return 2 hrs work daily caring for wildlife. Twenty mins Mackay. Ph: 079-543-268. Box 6687, MS MACKAY 4741.

BUNDABERG AREA, help wanted to establish vegetable & flower growing business in return for free accom in huge farm shed with facilities. Details ph: 071-561-534 after 7 pm.

WANTED, CHAMPION JUICER (USA) good order. Ph: 066-432-711.

TRAVELLING COMPANION & info or addresses on working holidays to UK or NZ, 6-12 months. Jan (GR 120), C/- PO Box 242, EUROA 3666.

NORTH-EAST VICTORIA. HELP! I have a beautiful old home that is in need of some TLC, but I'm doing it hard alone. I offer full board in exchange for part-time help. 'Fix it' skills a must. Country property, great views, pets neg, short-term/long-term. Please reply ASAP: M Carroll, RMB 2205, MUDGEGONGA Vic 3737. Ph: 03-5753-4501 and leave message.

DEADLINES: GR 121 - APRIL 30TH
GR 122 - JUNE 30TH

WANTED A MATURE WOMAN (age or attitude) to work and live with other women on their organic farm close to Melbourne. See also 'Contacts - Victoria'. Ph: mobile 019-417-509 or write: Women (GR 120), PO Box 242, EUROA 3666.

MOTIVATED PEOPLE WANTED! Sustainable agricultural community. Send SAE to: PO Box 908, GYMPIE 4570.

HANDCRAFTS

WAX SUPPLIES FOR ALL CRAFTS, candle, beeswax, sealing, sculpturing, colour dyes, wick, polish and advice. Ring or write to: Handfuul Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: G J Keith, 043-581-224 (7 days).

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles incl spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lace making, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

NATURAL COLOURED WOOL - scoured and carded, ready to spin! Variety of shades, in compact rolls. \$25 per kg + postage. For stocklist send SAE to: Shiloh Easy Spin Wool, PO Box 295, DRYSDALE, Vic 3222. Ph: 052-512-497.

WOOL, SCOURED AND CARDED into batts, perfect for pillows, doonas, quilting or spinning. \$17/kg + freight. PO Box 2117, ASCOT 4007. Ph/fax: 07-3268-6849.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

CRAFT SUPPLIES - FREIGHT FREE. Large range to suit many crafts including beading, folk art, floral art, doll & bear making, etc. Plus general craft lines (everything from adhesives to bells to pompoms to tassels to halfpots to Dream Catcher parts). Send \$3 (refundable off first order) to: E & J Owen, 2/4 Commerce Lane, TAREE NSW 2430 for 50 pg catalogue.

To avoid disappointment ensure
your ad meets our deadline

FOOD AND KITCHEN

JUICER, 'CHAMPION', also makes sorbets & nut butters. Ideal health food outlet, milk bar or private use. VGC. \$350. NUMURKAH, Vic. Ph: 03-5862-3000.

BEE POLLEN, no additives, 450g sample pack \$9, 1.9 kg pack \$32.50, 4.3 kg pack \$65, 14 kg drum \$175. Prices incl p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enqs welcome.

MISCELLANEOUS

HOW TO SAVE A FOREST. Gummed labels to re-use envelopes. \$10/200. Bulk prices for fund raising \$83/10 packs of 200. Send cheque/MO to: Green Harvest, 52GR Crystal Waters, MS 16 MALENY, Qld 4552.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107 Cedar Crk Rd, via MILLFIELD 2325. Ph: 049-981-659.

INCENSE MAIL ORDER, top quality, many brands and fragrances. Ring/write sample list: Kabbalic Pathway, 99 Main St, CROYDON. Ph/fax: 03-9723-8393.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5762-2145. Tipi hire avail.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

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COMPOSTING TOILET - Envirolet XL - fully automatic, as-new. Genuine reason for sale. Ph: 098-812-136. NARROGIN, WA. Cost \$2500. Sell \$1500.

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MISCELLANEOUS

INVERTER: 24V/240V 2KVA. Geebung 2024. Excellent condition. \$700. Ph: 03-5574-9262 evenings.

TWELVE VOLT FLOURESCENT LIGHT ready to hook up, 16 watt 2D tube drawing 1 amp. \$50 mailed. From: 3D Lights, RSD, GOONGERAH 3888. Ph: 03-5154-0151.

HORSE WAGON, 2 wheel, rubber tyres, brakes, frame for cover. \$800. Harness \$250. Ph: 071-613-136.

GREYWATER SYSTEM, simple to install and fully laboratory tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapo-transpiration system. Plans and specifications available from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480.

FOR SALE – GAS FRIDGE, 280 litre, consul, excellent condition. Ph: 049-945-100 BH, 049-945-189 AH.

LIVESTOCK

TURKEYS, TWELVE WEEKS OLD, various colours, range run. \$25 each. Koo Wee Rup near Pakenham. Ph: 03-5997-1908.

AUSTRALIAN MINI PIGS. Guaranteed original. Terrific pets & friends, magnif organic composters, all colors avail. Ph: Steve, 019-940-747, 03-5989-2295.

SILKIE BANTAMS, all colours, great mothers and pets. From \$10. Ph: 03-5422-6717.

MILKING GOATS – first lactation, farm reared, healthy does at affordable prices. Ph: 03-5625-4164.

COURSES

BLACKSMITHING SCHOOL and Horse Ploughing School. These schools will be run in April, June, August and October 1997 at the River Murray Heritage Centre, Newell Highway, Tocumwal NSW. Enquiries to: Box 130 TOCUMWAL, or ring 03-5874-2920 AH.

DOWSING - STUDY & EXPERIMENT with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

INVEST IN YOURSELF – PERMACULTURE saves time, money, and the Earth! Head to north Qld for a small (maximum 10 people), personalised, exciting two week recognised design certificate course. Only two chances left this year – July and November 1-14th. Also special two week advanced course follows July PDC. Cost for each, \$550 includes accommodation. Two weeks that will change your life. More info? Phone Lorraine or Rene van Raders 070-965-138, or send a 45c stamp to: The Green Piece Permaculture Garden, PO Box 389, MALANDA, Qld 4885. E-Mail: rvraders@tpgi.com.au

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See page 68 for details

PERMACULTURE BY CORRESPONDENCE. Lots of individual attention. Recognised PDC course. Become an expert in your area. Complete your property design as you learn. More info? Cost \$490. Send 45c stamp to: Rene & Lorraine van Raders, The Green Piece Permaculture Garden, PO Box 389, MALANDA, Qld 4885. E-Mail: rvraders@tpgi.com.au

PERMACULTURE DESIGN COURSE, '97. Date: Sat 29 March – Mon 7 April 1997. Venue: 'Willuna', Chiltern, NE Victoria. Tutors: Vries & Hugh Gravestien. This is a certificate course held on our property. For enquiries please send SAE to: V Gravestien, RMB 1130, CHILTERN 3683.

DESIGN SUCCESS is yours with personal tutor; support staff; up-to-date plain English information; illustrations; project ideas; videos; computer disc version and fast feedback via Email or Snail mail. Send SAE. **PERMACULTURE VISIONS (R)** – specialists in Personal Permaculture Tuition – 280 Cordeaux Rd. MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au Internet: <http://www.ozemail.com.au/~askpv/index.html> Live each day in a greener way.

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GARDEN AND ORCHARD

WORMS WITH THE RIGHT ATTITUDE. Garden, compost, fishing & aviaries. All purpose, lge or sml quantities. Illalangi Working Worms. Ph: 064-581-472.

GINSENG - GROW YOUR OWN. Korean/American rootstock for sale. For info: 'Yesspec', PO Box 2G, OMEO 3898. Ph: 03-5159-1575.

LOOKING FOR HERITAGE or Traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'seed listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact: HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

MURWILLUMBAH, BUDGET PRICED PLANTS. Ornamentals & some r/forest/pioneer/food trees, potted herbs. Also bantams, \$10 trio. Excellent poultry for beginners. Free advice. Fellow GRs most welcome. Ph: Shane, 066-766-283.

STAND BACK AND WATCH THEM GROW. Natural health for your garden, plants, animals and you: Permaguard nontoxic insecticide. WaterSave Water Crystals to store water in your soil. Aqua-Sil stabilised Hydrogen Peroxide and Colloidal Silver to treat your water against virus, bacteria and fungus for your plants, animals and you. 'Oxyrich' electrolytes of Oxygen. Therapeutic pillows & much more. Send 2 x 45c stamps for product list to: Lanco Environmental Services, PO Box KL803, KINGS LANGLEY NSW, 2147, or call 1800-681-611.

ORGANIC SEED CATALOGUE. Send SAE to: PO Box 908, GYMPIE 4570.

BAMBOO PLANTS AND POLES, 250 species for all uses. Send \$4.50 in stamps for catalogue to: Bamboo Australia, 330 Kenilworth Rd, EUMUNDI 4562.

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAH 3639.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

WANT A LOW-MAINTENANCE, LOW-WATER gorgeous garden? Try succulents. Excellent collection 55 different named varieties, all separately labelled for only \$20, post free. Wide range varieties, colours & types, suit pots, baskets, rockeries etc. Outstanding for beginners & collectors. Cultural notes supplied. Prompt delivery. 21 page descriptive list (over 500 varieties) avail for 3 x 45c stamps. Succulents are colourful, beautiful, easy to grow, interesting plants requiring minimum water and care. Quality, pest-free plants. Mail order only. Write to: Mildura Succulent Supplies, Box 756GR, (Cureton Ave East) MILDURA, Vic 3502.

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TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568 (MS 626).

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send business size SAE. Worm World, PO Box 204 GR, ROLLINGSTONE 4816. Ph/fax: 077-707-001.

CREATE YOUR OWN GOURMET GARDEN! Permaculture plants & hardy perennials (banana passionfruit, asparagus, Jerusalem artichoke, Japanese raisin, Chinese date). Mulch plants (pigeon pea, lemon grass, tagasaste, comfrey). Legume ground covers for all climates. Lots more in this 32 page catalogue. Send 3 stamps to: Green Harvest, 52GR, Crystal Waters, MS 16 MALENY, Qld 4552.

HOLIDAYS

MORUYA, NSW FAR SOUTH COAST, secluded & romantic 1 b/r bush cabin. Big rock fireplace. \$200 per week, \$80 per weekend. Ph: 044-742-542.

LITTLE DESERT VIC. Bushwalking, birdwatching, wildlife. Come experience the quietness. Discount weekday price \$45 double includes breakfast basket. Halfway between Melbourne and Adelaide. Little Desert Log Cabins and Cottage. For a color brochure ph: 03-5389-1122.

CLUBS

ARE YOU INTERESTED IN A FRUITARIAN/ raw food diet, but have no idea how to go about it? It is your natural food and hundreds around the world benefit from it. Contact: The Fruitarian Network, PO Box 293, TRINITY BEACH, Qld 4879.

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

THE SUN CHEE CLUB, join now, link up with New Age people all over Australia. Receive monthly newsletter full of stories, ideas and info on many different New Age topics. For more info send SAE to: 126 Franks Rd, BLACKBUTT 4306.

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

SERVICES OFFERED

BUILDING IN STONE IS EASY and satisfying, so if you have ever fancied a walled garden or need a retaining wall come and see us. April 26th we are holding a workshop. For details ring 048-461-004 evenings, or send an SAE to: S McIlveen, REDHILL MAJORS CREEK, NSW 2622.

**DEADLINES: GR 121 - APRIL 30TH
GR 122 - JUNE 30TH**

WANT TO MAKE SURE the one you fancy for business or pleasure is really suitable? Be 100% sure first time! The QDW Australia (A1930C) offers you the service of a professional graphologer with 25 yrs experience. Send hand writing samples of the person/s in question. Each analysis \$25. For quick reply, incl your fax number. We send original by mail. Ph/fax: 08-8988-6320. Mail: GPO BOX 3579, DARWIN, NT 0801. Fast & accurate service guaranteed.

HOME PLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for *The Earth Builders Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

THE PERFECT HOUSE PLAN won't exist until you create it. We can help. Naturally integrated designs that suit your needs, abilities, budget and unique site. With your choice of material we can create a low impact, energy-efficient home. Please write or call for a free brochure. Dynamic Design Group Pty Ltd. Gary Kruithof, 03-5145-5587. PO Box 198, STRATFORD, Vic 3862.

OPPORTUNITIES

ABUNDANT HOME BUSINESS and money making opportunities. Free info pack. Write: CJ, PO Box 379, BLAIR ATHOL, 5084 SA.

OPPORTUNITY FOR a mature woman (age or attitude) to work and live with other women on their organic farm close to Melbourne. See also 'Contacts - Vic'. Ph: mobile 019-417-509, or write: Woman GR 120, C/- PO Box 242, EUROA 3666.

A PLACE TO CALL HOME. We have a beautiful 160 ac property that we would like to share with someone who can lend a hand around our home and garden. We offer free accom in exchange for 8 hrs help per week, or accom + food & essentials for 16 hrs help per week. We are vegetarian, don't smoke or drink. Prefer a single woman or mother with child, who will consider settling here. Wayne & Milu, PO Box 235, GIN GIN Qld 4671. Ph: 071-572-736.

LARGE CARAVAN, HUNTER VALLEY, bush block, for vegetarian, n/s person(s), exchange assistance, share house. Visitors welcome. Ph: 049-382-036.

CALENDAR EVENTS

SCONE HORSE FESTIVAL, May 9-18. All about horses, past & present + family fun. All enq ph: 065-452-663.

MIND, BODY, SPIRIT FESTIVAL, May 2-4, Hall 5, Sydney Exhibition Centre, Darling Harbour. For info ph: 02-9552-6833, 1800-025-216.

CRYSTAL WATERS PERMACULTURE VILLAGE, 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Bookig is essential.

STEAM, HORSE & VINTAGE RALLY, June 7-8, Rotary Park Echuca. This years' theme - Power On Show. Working demos & exhibits of pioneer arts/crafts & rural lifestyles. For info ph: 03-5480-1115.

NATIONAL HERBALISTS ASSOCIATION SEMINAR, April 13, Whitley College, Melbourne. For info ph: 02-9211-6437.

ANNUAL HORTICULTURE & GARDEN FIELD DAY, May 3, Bowring Village, on Hume Hwy, 12 km sth Yass. For info ph: 06-227-6003.

WORLD CONGRESS ON CANCER. April 25-27, Darwin Entertainment Centre. Presentations & workshops on latest alt therapies. For info ph: 08-8941-1699.

WORLD ENVIRONMENT DAY, June 5. Clean-up campaigns, tree plantings, green concerts, Green Ribbon Campaign to raise funds to increase environmental awareness. All enq ph: 02-9319-5288.

WORKSHOPS ON SMALL AREA FARMING, bush food and many related topics, organised regularly by Southern Adult Education College Inc, Nowra NSW. All enquiries ph: Elizabeth Waddell, 06-226-2223.

PUBLICATIONS

THE BOOK 'STEPS TO REALITY' takes you through ten steps of spiritual awareness to reach a level of enlightenment or sainthood. Helps people make their life more exciting by becoming God conscious without being termed religious. Shows facts from the Bible not generally recognised and more of spiritual benefit. \$9.95. Postage \$1.10 Aust wide. Send cheque, M/O: A F Anderson, PO Box 333, MARGATE Qld 4019. Ph: 07-3284-7422.

'PIONEER SPIRIT': this 40 pg book is an inspiration for all who dream of self-suff. Cost \$10 (incl postage). For more info write: L Martin, PO Box 649, WAUCHOPE 2446.

'HOW TO ROO-IN A GOOD MEAL.' Eat meat which is healthy, environment-friendly and delicious. Some recipes for your inspiration and some verse for your amusement. Send \$5.95 + \$1.50 p&p to: Bill Greer, 86 Bent St, MATHINNA 7214.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

'THE SEED SAVERS' HANDBOOK' by Michel and Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

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GRASSIFIEDS

PUBLICATIONS

'WARM EARTH MAGAZINE' is Australia's only organic growing magazine. All about growing fruit, vegetables and herbs organically in the home garden or small acreage. Managing poultry and animals, info on health issues, and how we can achieve a healthier, happier lifestyle. Available from news agencies in Qld, NSW, Vic and Tas. Subscribe now! \$19 pa. Warm Earth Magazine, 'Kiah' Cottage, KENILWORTH, Qld 4574.

'GRASS ROOTS', nos 8 through to 56. The lot for \$100. Good condition. Mavis Milgate, 'Kiaora', GILGANDRA 2827.

'GREEN CONNECTIONS', Permaculture magazine, Feb edition - 'Building Sustainable Communities', \$4. Available through Victorian newsagents and health food stores. Ph: 03-5470-5040.

'HEALTH AND NUTRITION': cure your body and woes by eating fresh, raw, organic fruits & vegies. Loads of recipes & tips! \$20 postage paid. QDW Australia, GPO Box 3579, DARWIN NT 0801.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

EARTHWORMS. Learn how to breed them for gardening, composting, fishing, selling. Free booklet from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, and by subscription, \$37.90 or \$39.90 with *Health & Healing* Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK, 3116.

BOOKS. NEW AND OLD. Australiana, life-style, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

PLACING AN AD?

See page 72 for details

'NIMBIN NEWS', is a co-operatively run access magazine with articles & information from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines and the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable and scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice and articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 054-681-899.

DONKEY BOOKS by mail. Lists from Broomtail Publications, RMB 3030, EAGLEHAWK 3556. Fax: 054-463-749.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

BOOKS & TAPES by mail from New Broom Books. Send now for free illustrated lists of meditation tapes, inspirational books, tarot cards, etc, from: New Broom Books, PO Box 66, GOORNONG Vic 3557.

CONTACTS

NEW SOUTH WALES

BARBARA IN MUDGEWOI, contact Peter.

MAN SEARCHING nonmaterialistic woman, 30-40, to share forest home near Bellingen for happy, creative, caring, loving partnership. You're the one. BS. Ph: 066-552-274. Email: corclon@tpgi.com.au

CHRISTIAN NATURAL THERAPIST, 42, keeps fit & healthy, enjoys horses, a country living, simple living, seeks woman 30-40 with European or mid eastern background, similar interests. AB (GR 120), C/- PO Box 242, EUROA 3666.

SINGLE, ACTIVE, EMPLOYED MALE, 51, own home, half hr Armidale, New England. No financial or emotional commitment, looks OK, slim. To contact lady of small-medium stature who appreciates literature, music, conversation, curiosity, country life, sharing life's variety. I can't abide cities & commercialism. Main weakness: baked dinners, Asian food. Understand we have responsibility to each other & try to be honest & open. Will reply being explicit to any respondent. CJ (GR 120), C/- PO Box 242, EUROA 3666.

LONELY BUSINESS GENT, aged 55 yrs, wishes to meet young lonely lady aged 30 - 45 yrs for outings, wining & dining out and general companionship. Travelling around together with view of lasting r/ship. Please write: John (GR 120), C/- PO Box 242, EUROA 3666.

SINCERE, CARING WIDOW, 70s, wishes to meet a sincere gentleman, who is seriously seeking a companion for autumn years, town or country. Has own flat in nice, quiet area and own car. Will relocate. Interests are homelife in general, animals, garden, needle and craft work, travelling, the occasional movie, dinner out, music and enjoying life & being happy. Light s/d, n/s. Very active & in good health. Please be sincere, all letters answered. Photo if possible. Write: WW (GR 120), C/- PO Box 242, EUROA 3666.

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

GUY, FORTY-ONE yrs old, (180 cm, 75 kg), seeks tallish female to 45, kids/animals OK. Don't smoke, drink, take drugs, nonreligious. Interests are music, reading (science fiction/fantasy), sports (lawn bowls, dancing), follow (Aussie Rules, motor sport). John, PO Box 3, TENTERFIELD 2372. Ph: 067-361-287.

SEEKING FORTY-SOMETHINGS, relaxed n/s tactile woman who enjoys nature, sunsets and perhaps bush strolls. Help me choose the next quiet retreat. Not-too-hot coastal NSW is first preference, but everywhere nonurban considered. What's the worst this affectionate, peaceful, home-loving, slim lad can say in reply? Your outlandish offer to: Southside (GR 120), C/- PO Box 242, EUROA 3666.

SINGLE DAD, 33 y/o, tall, slim, hardworking & successful, n/s, l/d has own farm in NSW. Interested in music, animals, camping, quiet nights and life. Would like to travel when able. Seeks genuine lady, children OK, with similar qualities/interests to correspond and meet. Ron (GR 120), C/- PO Box 242, EUROA 3666.

AUSTRALIAN MALE, 37, healthy, 177 cm, living in Christian community. Looking for lady with simple tastes, interested in radical Christianity, with view to marriage. Prefer under 40, no kids, non-Aussie, but all replies with photo considered. Boxholder, PO Box 2042, STRAWBERRY HILLS 2012.

If you doubt the wisdom of replying to any ad - trust your intuition

GRASSIFIEDS

CONTACTS

NEW SOUTH WALES

GENT, SIXTY-ONE YEARS, 5'1" tall, 10 st, small property, self-emp, German nationality, divorced, no ties. Looking for a lady aged 45-60, any nationality welcome for an honest r/ship. PO Box 58, 103 Gordon St, PILLIGA 2388.

FEMALE, 48, more actively alive than ever, wants loving greenman with good communication, commitment, honesty, diversity. Self awareness, responsibility & love, into performing arts, friendships and fun. PO Box 103, WENTWORTH FALLS 2782.

GENTLEMAN, 42, rat race escapee, tall, fit, disorganised, wears odd socks. Permaculture lifestyle, Tamworth area. Take time to enjoy simple pleasures, food, wine, bush, building in mud brick, sea, scuba, old timber cruising yacht. Too much fun for one alone, a fit, intelligent, capable GR lady will want to share challenge and adventures. GMH (GR 120), C/- PO Box 242, EUROA 3666.

FIT & HAPPY, 40 y/o woman wishes to settle down & have a family with gentle natured, emotionally stable, 30-45 y/o man. My interests incl the anthropology of island SE Asia, Aboriginal history in the Yass area, vegetarian cooking, using native plants in permaculture design. I love chooks, goats, reading, writing, gardening, meditation and mothering my 2 y/o child. Dianne (GR 120), C/- PO Box 242, EUROA 3666.

LONELY FELLOW, on multiple occupancy in nth NSW needs mate 45-55 for loving, holding, company. Quiet life, into r/forest regeneration. Nonsmoking/drugs. Social drinking. Please write: Arthur: C/- Lillfield, LILLIAN ROCK, NSW 2474, or ph: 066-897-394.

CITY GUY ESCAPED TO SOUTH COAST. Lived here 3 yrs. Yet to find soul mate. Into the beach, bush (and looking after it!), cycling, bodyboarding, movies (especially sci-fi), but basically down to earth. Social but no party animal. N/s, s/d. Stats: 35 yrs, 5'7", blue eyes, blond hair (what's left!), 85 kg, average looks. Hoping to meet active lady, preferably sth coast-er. Nonsmoker please. WJP (GR 120), C/- PO Box 242, EUROA 3666.

PORT MACQUARIE, 53, n/s, n/d, 5'5", slim Leo woman, sincere, intelligent, attractive, independent, easy-going, love arts, variety of music, creative spiritual, romantic, love bush. Seeking male 55-60 y/o with similar interests, rural setting, near water or mountains. Photo returned, letters answered. Di (GR 120), C/- PO Box 242, EUROA 3666.

MALE, FORTY-TWO. Is there a lady out there who would like to take a chance on someone a little different? I live in a mobile home & travel almost continuously throughout NSW & Qld. It would be important that you have no ties. If you are very slim, aged 25-38 & would like to discover a gem in a rough stone then, take the chance. Beaches, bushwalking, nature, sunsets, arts, markets & tranquillity. Nonsmokers & no ragers thank you. Photo appreciated - Reply to: Paul, C/- PO Box 223, BANGALOW, 2479 NSW.

**DEADLINES: GR 121 - APRIL 30TH
GR 122 - JUNE 30TH**

WOMAN, FORTY-FIVE, seeks male companionship for fun & friendship. Part-time mother, p/t professional & political pursuits. Active, practical & very caring. Financially secure. Pisces with Leo ascendant. Lives Blue Mountains, Sydney. Replies to 'Lucy's Friend' (GR 120), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.
We will re-address & forward it.
Don't forget to put the *issue number* on reply, i.e: Skye (GR 120) . . .

QUEENSLAND

WIDOW, 51, 5'5", blonde hair, med build, n/s, s/d, no ties, loves travel, home, animals, collecting, the country. Financially secure, wishes the same of a sensitive, practical man, who would relocate to central Qld on 10 ac on river. J D (GR 120), C/- PO Box 242, EUROA 3666.

WANTED, SINGLE WOMAN, no hang-ups, to share simple bush cottage with 44 y/o man. Life's too short to be alone. View perm r/ship, all replies answered. Jeff (GR 120), C/- PO Box 242, EUROA 3666.

MALE, FORTY, quiet, interested in gardening, alternative lifestyle living in country. Seeking lady to 55. Ph: 074-5463-6188. South-east Qld.

ARE YOU A NATURAL, easy-going, peaceful, uncomplicated, nonreligious, slim lady with a preference for nature, bush, beach, travel and quiet times? This 39 y/o, tall, slim, happy, n/s, s/d, single dad, presently in Brisbane, would like to hear from you. Matt (GR 120), C/- PO Box 242, EUROA 3666.

NORTH COAST, QLD, man 44, s/d, (178 cm, 73 kg), fit, intelligent, affectionate, vegetarianish, nonfanatical, likes to laugh, social conscience, a bit green, prefer simple rural lifestyle, self-suff/permaculture, ready to move to own property. Seeking harmonious, hardworking, n/s, slim attractive, spiritual woman under 36, view r/ship. Please send photo. Reply: EU (GR 120), C/- PO Box 242, EUROA 3666.

MALE: IN HIS FORTIES seeks lady, to live in for companionship & soul mate. I am loving, caring and affectionate, love TLC, all interests open. Ph: 076-531-541 after 7 pm. Rodney (GR 120), C/- PO Box 242, EUROA 3666.

MALE (37) SEEKS FEMALE PARTNER residing/relocating SE Qld/nth NSW. Ideally 30-40 y/o with interests in developing smll business (ecotourism/accom?), travel, stimulating conversation and intimate r/ship. Currently residing SE Qld, own home, no ties, big dreams, seeking life partner. ME (GR 120), C/- PO Box 242, EUROA 3666.

FEMALE TAURUS: I would like to share with another woman, any age. Must have sense of humour, enjoy books, music, theatre, travel. I have a farm, so am into all things permaculture, and a grassroots lifestyle. Will answer all correspondence (from anywhere). CN (GR 120), C/- PO Box 242, EUROA 3666.

MAN, 43, seeks amateur CLASSICAL MUSICIAN, view to marriage and family. Ph: 07-3398-3461.

VICTORIA

MALE, ENJOYS dancing, cycling, canoeing, jogging and wilderness backpacking. I'm 5'10", muscular, trim, very fit, n/s, vegetarian and a youthful looking 56. Have many practical skills, like animals and seek new experiences. Living in the Victorian bush but possibly moving to NSW or Qld with further study in health field. Seeks trim, health conscious woman who would enjoy permaculture living. Scorpio (GR 120), C/- PO Box 242, EUROA 3666.

YARRA VALLEY MAN, 42, fit, healthy, honest & caring. Building home on owned acreage. Likes country life, coast, nature, open fires, massage, good people & good laugh. Like to meet slim to medium n/s lady, easy to be with, adventurous, but fond of quiet times, feminine & sincere, to 38. Write: R J (GR 120), C/- PO Box 242, EUROA 3666.

SEEKING A KINDRED SPIRIT to accompany me on life's journey. I am a positive, honest, sensitive, young-at-heart, fun-loving, moderately fit, n/s, s/d, fifty-something female, who is into walking, nature, Australian flora & fauna, conservation, growing medicinal herbs, self-suff, health & alternative medicine, among other things. You are similar, an unattached, warm, presentable, caring male who shares some of my passions. Write: Heather, C/- PO Box 967, ELTHAM VIC 3095.

GENT, FIFTY, living in NE Vic, divorced, n/s, n/d, like movies & travelling on weekends, easy-going. I would like to meet a lady, 45-51 years, for friendship, possible r/ship. Reply to: R Diffe, RMB 9050, WANGARATTA 3678.

ORGANIC FARM, CLOSE TO MELBOURNE, Lesbian owned and operated. Need another worker. Live-in with sep accom. Lesbian preferred, but lesbian friendly essen. Ph: 019-417-509 mobile, or write: Woman, (GR 120), C/- PO Box 242, EUROA 3666.

SOUTH OF BENALLA, outdoor woman, affectionate, happy, positive, petite, n/s/d, pensioner, 51. Likes: native plants, waterfalls, cards, an earthy home, clean healthy living. Ambitions: permaculture, piano, Feathertop. You communicate feelings, honest, compassionate, unattached. SAE to Kay (GR 120), C/- PO Box 242, EUROA 3666.

PhD STUDENT, Lesbian, 39, nonscene, into meditation, gardening, conversation, the bush. Would love to meet honest, intelligent, humorous, self-aware woman, 35-45, to share enthusiasms & adventures. All letters answered. J L S (GR 120), C/- PO Box 242, EUROA 3666.

GRASSIFIEDS

CONTACTS

VICTORIA

VIRGO LADY, 45, believes in honesty, monogamy, spirituality, intuition. Enjoys bush, beach, flora, fauna, arts, woodwork, gardening, sex, smoking. Needs personal space, productive lifestyle, peace, love, togetherness. Wants adult man (age open), financially secure, similar tune, strong living committed r/ship, partner not son. Hates sport, pubs, inhumanity, lots of socialising. Don't reply unless ready, willing and able to spend time & effort on this. Recent photo please. D (GR 120), C/- PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

SELF-EMPLOYED 50 year old Aries guy visiting Tasmania May time with a view to living and working on the island. I am looking for a happy soul as a partner. I am well travelled. Free thinking and not parochial. David (GR 120), C/- PO Box 242, EUROA 3666.

PLACING AN AD?

See page 72 for details

MALE, THIRTY-SIX, 5'9", average looks, quiet, gentle, affectionate and sincere with interests incl self-suff (owns small farm), keeping fit, travelling, dining out, horse riding, music, studying and quiet nights at home. Seeks female companion of similar age with similar interests. Photo appreciated. Reply Peter (GR 120), C/- PO Box 242, EUROA 3666.

BIOLOGIST, n/s, atheist and not into New Age. Into permaculture, punk & alt rock music (3D radio), curries, food generally, red wine, gardening, nature & its cute beasties, but not children. ABC watcher but led astray by AFL cricket, Simpsons etc. Seeking a nice, faithful, easy-going woman 20-30 odd, interested in GR lifestyle. Rob (GR 120), C/- PO Box 243, EUROA 3666.

TASMANIA

I'M A LONELY WIDOW, MID THIRTIES, three children, artist, photographer, farmer, who dreams of finding a wonderful man with a coastal farm anywhere in Tassie. I have my own income so don't want meal ticket, only peace, love and inspiration. Are you out there? Do dreams come true? Glenda (GR 120), C/- PO Box 242, EUROA 3666.

MALE, FORTY-SIX, Cancer/Tiger, lean, fit, 6'7", vegetarian, nonsmoker, social drinker, artisan/builder, part-time father (6 year old boy), dances, cooks, rides, music, property. Seeks lady: sensual, fit (ish), home maker, creative, humour, loves children. Full photo please. W R (GR 120), C/- PO Box 242, EUROA 3666.

OTHER

YOUR GREAT FUTURE! Yes, yours! Check it out. Ken Hood, 4 Queen St, CLIFTON 4361.



HELP 'GRASS ROOTS' TO ACKNOWLEDGE QUIET ACHIEVERS

We know our readers are a special group of people, their achievements are many and their talents diverse. In recognition of these quiet achievers we are continuing the initiative we began last year, the Annual *Grass Roots* Awards, and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of GR. Voting details will be provided later in the year and the awards will be announced in the Dec '97 - Jan '98 issue.

CONDITIONS

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but, it is not necessary to nominate a person in each category.

Include your own name, address and phone number and that of any person(s) you are nominating.



Nomination Form (cut or copy)

I (name, address & ph).....

wish to nominate the following person(s) for the Annual *Grass Roots* Awards. Include name and all known contact details, and a brief reason for your nominees.

Category:.....

Category:.....

Send to: 'GR Awards', PO Box 242, EUROA 3666.

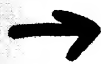
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